

Secrecy prevails over Algarve oil

The Algarve Metropolitan Area has lashed out at the government, accusing it of "secretly" preparing the oil exploration process in the coastal region without informing local councils. (See Page 3)

Portugal's gaming laws illegal

A decision by Europe's highest court against the Italian government has serious implications for Portugal's gaming laws, which have been labelled as being at odds with European Union legislation. (See Page 4)

Earlier sales law passed

As revealed by **The Portugal News** last December, sales will this year come earlier, following the easing of existing legislation. The new bill states that sales will now take place between December 28 and February 28/29 and between July 15 and September 15. (See P. 5)

Portugal pulls out of Iraq

Portugal has informed Iraq it is closing its embassy in Baghdad due to a lack of security and the diplomatic mission's high financial costs. (See Page 9)

On the verge of impossible World Cup dream

The Portuguese national rugby team is one game away from becoming the first amateur side to qualify for the World Cup since the tournament was staged back in 1987. (See Page 64)

The story behind 'Motherkillers'

Dr. John Piper, author of the acclaimed 'Motherkillers' speaks his mind. (See Page 61)

Weekend weather

Lisbon: Saturday: Sunny, high of 19° Sunday: Sunny, High of 21°. **Faro:** Saturday: Sunny, high of 19° Sunday: Sunny, High of 21° **Oporto:** Saturday: Partly Cloudy, High of 19° Sunday: Sunny, High of 19°.

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Baby returned to parents almost a year after being snatched from her hospital crib

BABY KIDNAP ORDEAL ENDS

Snatched from her mother's arms when she was only three-days old, Andreia Elizabete, now aged 13 months, has come home. But the tale was a far less joyous one a year ago. With authorities ready to brand the case an "unsolved mystery" after weeks of fruitless searches, they invested their efforts in other, more hopeful investigations. But earlier this week police sprang back into action when tipped off by a family member expressing suspicions over the true identity of her "niece". It appears that squabbling over Andreia's baptism in her 'adopted family' seems to have been the catalyst for her belated return to her parents, which is to occur this Saturday after DNA tests confirmed paternity and had been confirmed by the courts.

Brief CCTV footage of a woman with a large carrier bag was the only evidence police had of the identity of a woman who had abducted the three-day old baby.

The chief suspect, who confessed to the crime when she was detained on Monday, says she stole the baby in an attempt to save a rocky relationship.

After a brief court appearance, she was remanded in custody, is almost certain to remain imprisoned during her trial that should cover most of spring.

If found guilty, the 37-year old mother of two, Alice, faces a jail term ranging from two to ten years.

Hertwo daughters, aged 10 and 13, have already been collected by social services. Their stepfather, who encouraged his sister to speak to police over his suspicions of Andreia's paternity, believes the 10-year old "will suffer tremendously, as she was especially close to her mother".

In comments to the press this week, Carlos Manuel, who was duped into believing he was the father of Andreia (or Joanna, as he had named her), explained how his suspicions were aroused.

"I was always asking her



A crowd wait outside the courthouse for the appearance of the woman suspected of kidnapping a baby from the maternity ward of the Padre Américo hospital in Penafiel nearly a year ago. (Photo: Lusa / Estela Silva)

Baby, see p. 3

Teacher beater sentenced to five years in jail



A woman who, physically attacked, insulted and threatened her children's primary teacher inside school grounds in 2003, has been sentenced to five years imprisonment after appealing against a first verdict that had handed out a similar sentence.

The first sentence was initially given in June 2004 by the Bragança Magistrate's Court, after the mother, Emília Silva, was tried and found guilty of physically and verbally attacking her children's teacher at the 1º Ciclo das Cantarias school in Bragança.

After appealing to the Oporto Supreme Court she was granted a re-trial, though it was subse-

quently decided to maintain the original sentence of five years imprisonment.

After sentencing last December, the woman went on the run from the authorities with her two children, both minors. She was arrested last Friday after police were called to an unrelated incident concerning family disturbances, and escorted by Vila Real GNR officers to the Santa Cruz

do Bispo prison facilities, where she will now carry out her sentence.

Teacher Conceição Outeiro, who, according to reports lived in fear for months after the attack, is said to be 'relieved' with the outcome.

In comments to *Jornal de Notícias*, Conceição Outeiro said her assailant, "would threaten me continuously", something that led the teacher to place formal charges "alone and unaided", despite being discouraged to do so by her family.

The teacher also accused other colleagues and members of staff of "turning a blind eye" regarding what happened.

This has come in the wake of a petition aimed at the government to change laws concerning abuse towards teachers, brought to the media and nation's attention last week, and which was also reported last week in *The Portugal News*.

During the 2005/2006 180-day Portuguese school year, 390 acts of violence against teachers were reported.

This spurred the FNE (National Federation for Education) to approach the government with a proposal to change the current law, petitioning for such cases of violence to be classified as 'public crimes'.

According to the FNE, altering this law could avoid reprisals on teachers for lodging an official complaint, allowing third parties to place complaints and not necessarily the victim.

As it stands, the present law foresees punishment for teacher violence that may vary between two years and eight months to 13 years and three months' imprisonment.

Despite this law having been active for a number of years, this is the first case of a prison sentence being passed concerning aggression towards a teacher.

Lobo Antunes wins international literary award



Portuguese novelist António Lobo Antunes has this Wednesday been awarded the Lusophone world's most prestigious literature award, the *Prémio Camões*.

A six-member jury, drawn from Angola, Brazil, Mozambique and Portugal, announced

the 100,000-euro annual award in Rio de Janeiro. Widely translated, Lobo Antunes, 64, a practicing psychiatrist, has been honoured with many international awards, including the Latin Union International Prize in 2003 and the Jerusalem Prize in 2005. Among his novels translated

into English are *South of Nowhere* and *Act of the Damned*.

The *Prémio Camões* was established in 1988 by Portugal and Brazil as a way of strengthening cultural ties within the Lusophone world and of promoting the Portuguese language. *TPN/Lusa (Photo: João Relvas)*

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Red-tape blamed for ex-pat's suicide



Paperwork wrangles over the licensing of a restaurant in Hortas do Tabual, near the Vila do Bispo beaches of Ingrina and Zavial, have apparently driven a desperate German man to take his own life by jumping from Sagres fortress into the rock-lined ocean below.

Fifty-four-year-old chef Frank-Peter Marcischewski had lived in the Algarve for the past eight years. According to reports, six of these were spent attempting to obtain the necessary paperwork to open Restaurant 'I', a joint venture with long-term friend, 51-year-old Horst Schültze.

But in a statement sent to *The*

Portugal News by the Vila do Bispo town hall, planning permission and licensing on the building where the restaurant is located was first requested in Horst Schültze's name on 28 July 2003, and not six years ago, as other reports suggest.

A series of setbacks concerning building regulations, such as parking, soundproofing and false ceilings considerably delayed the licence's issuing.

However, on Monday March 5th one license was supposedly ready and waiting to be collected from the Vila do Bispo tax office. After making his way to the tax office, Frank-Peter Marcischewski was informed that the licence was to be collected from the local town hall.

Reports have since indicated that the document in question had been awaiting collection at the town hall since 22 December 2006.

After seeing the licence, Frank-Peter Marcischewski saw that it was in his partner's name alone, despite the two partners allegedly having completed the requisite paperwork for the licence to be in both names.

Frank, who spoke little Portuguese, is believed to have thought that this would once again delay the restaurant's opening,

planned for the next day.

He got in his car, drove 20 kilometres to Sagres fortress, paid the three euros entry fee, and jumped into the sea below.

Frank was still alive when rescue teams pulled him from the water, but internal injuries caused by the impact of his fall led to his death a short while later.

While third parties accuse the local town hall of making the licensing process difficult, either purposely or through incompetence, Vila do Bispo has, in its defence, refuted any culpability in the suicide, claiming that all procedures were done in Horst Schültze's name alone from the outset.

In statements to *The Portugal News*, Vila do Bispo Mayor, Gilberto Viegas, clarified: "At no point was Frank-Peter Marcischewski's name ever involved with the process, and still is not, as he never placed any requirements or petitions of any nature whatsoever."

Upon contacting Horst Schültze, said to be one of Frank's closest friends since their teens, he despondently told *The Portugal News*: "As you can imagine everyone wants to talk to me. But I can't. I don't know what is going to happen or what I am going to do now".

Most cars to pay €125 in annual road tax

The majority of new cars purchased after July 1, are set to pay an average of €125 a year in road taxes.

According to a government decree published this week, cars with engine capacities ranging from 1250cc to 1750cc, and who emit between 120 and 180 grams of CO2 emissions per kilometre will pay €125 in tax.

Currently, cars with similar features, which represent 80 percent of all cars on Portuguese roads, pay an annual fee of €50,29.

In compensation, new cars are set to be cheaper by between two and three percent from July 1.

It is presumed that older cars will continue to pay lower taxes in coming years, though the Finance Ministry has yet to commit itself to keeping the annual stamp duty on older and more polluting vehicles lower than that of a new hybrid car.

With an environmental component now included in the formula to calculate road tax, a number of cars will actually become costlier on July 1, and will also be subject to heavier annual road tax charges.

Owners of cars with low CO2 emissions, meanwhile, have been earmarked to receive a tax rebate of up to €500.

baby, from p.1

(Alice) for the baby's papers, and she was always avoiding giving me an answer. Alice always had an excuse and I started wondering if the baby was that missing girl. I started searching the Internet, and on Sunday it hit me that the baby was the Penafiel girl. I spoke to my sister, who on Monday went to child protection services and the police. While she was away – I discovered pictures of the kidnapper on the Internet".

The biological parents spent most of the first month of their child's disappearance suspected of being involved in Andreia's kidnapping.

The Padre Américo Hospital in Penafiel, from where the girl was snatched, has expressed relief at the baby's return to her biological parents. It is also pledged to further beef up security, though maintains it, just like the biological parents, were the victims of a "well-planned premeditated criminal act."

In the meantime, the hospital has also introduced electronic tagging of newborn babies and child patients, a feature that can only be found at a quarter of Portuguese hospitals, the majority of which only installed this system following this high profile kidnapping.

CCTV is found at about two-thirds of the country's maternity wards.

Social services were, meanwhile, reluctant to approve the immediate handing over of the girl to join her parents and six brothers and sisters, though a court order put paid to their attempts at any thoughts of postponement.

Three of Andreia's siblings live either with their grandparents or a foster family.

Andreia was born prematurely on February 14, 2006, which was a cause for concern in the days after her abduction. However, medical tests conducted this week reveal that she had been well cared for in the 13 months she has been missing.

But as she had no documen-

Oporto has third best airport

The Francisco Sá Carneiro airport, located in Pedras Rubras, Oporto, has been elected the third best European airport, as well as third best airport on a worldwide scale, in the category of airports with under five million passengers per year.

More than ninety airports from around the globe were nominated, the decision being made based on passengers' opinions regarding airport's services.

Incheon International Airport (South Korea), took the title of best international airport, while Zurich (Switzerland) took best European airport.

In America, Dallas Fort Worth took first place, whereas in Africa and the Middle East Abu Dhabi Airport (United Arab Emirates), won the acclaimed nomination.

In Asia and the Pacific, the table was once again topped by Incheon International Airport (South Korea).



TAP chairman Fernando Pinto during the presentation to the press on Monday of the company's financial results. (Photo: Lusa / Mário Cruz)

tation, she has skipped her initial vaccinations, though doctors say the situation is remediable.

Only last month, a similar incident almost occurred, though on this occasion it was unintentional, when two newborns were accidentally switched just hours after their birth.

The error took place at the Torres Vedras Centro Hospitalar, which meant that two newborn babies spent their first 24 hours breast-feeding from the wrong mothers.

The error occurred after a nurse removed the infants from the post-labour paediatric ward and placed them in exchanged cribs. Only after one of the mothers questioned the physical appearance of her child and verified its identity bracelet was the mistake discovered.

Lisbon accused of dirty-tricks over Algarve oil

The Algarve Metropolitan Area (AMAL) has this week lashed out at the government, accusing it of "secretly" preparing the oil exploration process in the coastal region without informing local councils.

In a statement sent out on Tuesday, AMAL chairman Macário Correia expressed his "concern" and "displeasure" at the attitude of the government. He singled out the Ministry of Economy, who he charged with acting in "disdain of maintaining good relations with all entities

involved".

"Secret operations and refusing to disclose information does not fit well in a healthy democracy", Macário Correia added.

Late last month, as revealed first-hand in **The Portugal News**, the government had shrugged off concerns from interest groups in the Algarve, insisting that only minor formalities stood in the way of oil companies initiating exploration activities off the region's coastline.

Regional officials were also told at a February meeting in the

capital that the adverse-effects oil drilling could have on tourism were not a concern of the government.

But despite the government's enthusiasm to have oil platforms built off the eastern Algarve coastline, an environmental impact study would nonetheless be commissioned in order to ascertain the immediate dangers of oil drilling off the Algarve's beaches.

Economy Minister, Manuel Pinho, unlike his predecessor, Carlos Tavares, is a firm backer

of oil exploration in the Algarve, and believes the majority of Portuguese share his view.

"I am convinced most Portuguese would like having oil along the coastline", simultaneously denying tourism in the region would be adversely affected.

Scientists have also regularly expressed the opinion that Portugal contains all the necessary ingredients to be an oil producer, but drilling from Oporto in the north and Leiria further south, has to date only resulted in the extraction of 1,600 barrels of oil.



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Lisbon, Tunis ink in six accords at historic summit



Portuguese and Tunisian leaders signed six bilateral commercial accords this week, including a 100 million euros credit line from Lisbon to boost two-way exchanges, at the maiden summit between the two countries, officials said.



Prime Minister, José Sócrates and his Tunisian counterpart Mohamed Ghannouchi with members of the cabinet during the family photo of the Portugal-Tunisia Summit, held on Tuesday at Forte de S. Julião da Barra, in Oeiras near Lisbon. (Photo: Lusa / André Koster)

Delegations led by Portuguese Prime Minister José Sócrates and his Tunisian opposite number, Mohamed Ghannouchi, also inked accords in the areas of shipping and textiles during the one-day encounter in the coastal city of Oeiras just outside Lisbon.

About 15 top business leaders from Tunisia also attended the inaugural bilateral summit and formalised an accord to set up a Luso-Tunisian Business Council with Portuguese employers and industrial associations and Lisbon's ICEP exports promotion agency.

Portuguese Economy minister Manuel Pinho, speaking at the close of the event aimed at strengthening trade and investment ties, challenged entrepreneurs from both states to boost bilateral exchanges to foment competitiveness in an increasingly globalised economic environment.

Despite existing healthy political ties between Lisbon and Tunis, noted Pinho, business communities in the two countries have the main responsibility for

generating economic development.

Companies from Portugal are particularly likely to establish joint ventures with their Tunisian counterparts in the areas of tourism, as well as over areas of industry and commerce, said the Lisbon minister.

Speaking in turn, Tunisia's prime minister praised the successful organisation of the first leaders' summit between his country and Portugal, noting his government has "opted to associate with Europe and to create partnerships between companies to boost growth and development in coming years".

"Tunisia's economy is set to expand by five percent this year and we wish to continue this rhythm to reach six percent in the coming years", added Ghannouchi.

Leaders from the two states also announced that the follow-up Portugal-Tunisia summit will take place next year in Tunis. Lisbon already holds yearly summits with two other North African Maghreb states - Morocco and Algeria. *TPN/Lusa*

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Portugal's gaming laws ruled illegal



A decision by Europe's highest court on Tuesday against the Italian government has serious implications for Portugal's gaming laws which have been labelled as being at odds with European Union legislation.

The European Court of Justice (ECJ) ruled that Italian authorities wrongly sought to prosecute three bookmakers working in association with British betting giant Stanley.

The ruling was eagerly awaited within the gaming sector where many state monopolies in Europe, including Portugal, are facing growing pressure from the European Commission which wants to weaken their grip on the industry.

The European Betting Association (EBA) fully endorsed the ECJ's ruling and called on Portugal and other member states to accept EU legislation on gaming practices.

"The European Betting Association calls on European Union member states and national authorities to abolish their gambling monopoly models and to allow open and fair competition from licensed and regulated European operators," the EBA said in a statement.

"Furthermore, all attempts at intimidation and criminalisation of these businesses and their executives and local suppliers are

to cease immediately," the statement added.

The EBA was especially critical of EU member states which act to "enrich the public purse by illegitimate means".

At the request of an Italian court, the ECJ weighed into the case to determine whether Italian gaming legislation was in line with EU rules on the freedom to run a business and provide services.

The case involved three Italians who were charged with collecting bets without the required authorisation. In Italy, only the state or licensees are allowed to take bets - the same applies in Portugal.

The three took bets which they then passed on to Stanley International Betting, which is licensed by the City of Liverpool, England, and is part of the Brit-

ish gaming group Stanley Leisure.

However, the Luxembourg-based court ruled that the three could not get permission to operate in Italy because they were excluded from obtaining licences, which can only be awarded to operators who are not listed on the stock market. Stanley Leisure is a listed company.

The court found that "a member state may not apply a criminal penalty for failure to complete an administrative formality when such completion has been refused or rendered impossible by the member state".

According to a spokesman for the ECJ, in light of the court's ruling it is now incumbent on all member states which are in breach of EU gaming laws to ensure they comply by the end of April or face hefty fines.

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Politicians approve abortion



With the electorate failing to give lawmakers the required number of votes to pass abortion legislation, the majority of members of parliament have agreed to approve ground-breaking legislation, easing restrictions on unilaterally terminating a pregnancy in Portugal.



President Cavaco Silva takes lunch with the Mayor of Oporto, Rui Rio and Economy Minister Manuel Pinho on Monday in the restaurant of the Engineering Faculty in Oporto. (Photo: Lusa / Estela Silva)

The Portuguese parliament has approved a new abortion law, allowing abortions on demand through until the tenth week of pregnancy.

The bill, which replaced a highly restrictive 23-year-old law, was passed last Thursday with the backing of the ruling Socialists, other leftist parties and 21 lawmakers from the main opposition Social Democratic Party.

The new legislation, a Socialist campaign promise during the 2005 early general elections, followed a non-binding referendum in February in support of a more liberal abortion law.

The law requires a woman to observe a "period of reflection" of no less than three days after a first medical consultation before undergoing an abortion before the tenth week of pregnancy.

It also requires public health facilities to provide post-abor-

tion psychological and social support services should they be requested.

In a ballot last month, 59.3 percent voted to ditch an abortion ban and 40.8 percent supported keeping Portugal's strict abortion laws intact.

But voter turnout in the abortion referendum was only 46.3 percent, making the ballot non-binding on the government and effectively null and void.

The legislation will be sent on to President Cavaco Silva for further scrutiny after which he is expected to promulgate the legislation drawn up by the ruling Socialist Party.

The National Health Bureau, without supplying numbers, recently said that "several" clinics, especially from abroad, have made applications to obtain 'licences to abort' once legislation is finally in place. (TPN/Lusa)

Earlier sales law passed

As revealed by **The Portugal News** last December, sales will this year come earlier, following the easing of existing legislation. President Cavaco Silva has promulgated the new so-called

"Sales Law".

The bill states that sales will now take place between December 28 and February 28/29 and between July 15 and September 15.

Stores are however permitted to call off sales once all marked down items have been sold.

Promotions, often used by retailers to boost business outside of sale seasons can now take

place 12 months a year, while damaged stock sold at reduced prices will have to be clearly identified.

The law also stipulates retailers are bound to accept all methods of payment for items on sale in the same manner payment is accepted for non-sales goods.

Under previous legislation, retailers who used the word 'sale' (*saldo*) before the official sales date of January 7 would have been subject to hefty fines.

The new law has been widely applauded by retailers.

Shopkeepers had argued that by January 7, consumers had lost their 'appetite' for spending, turning their focus rather on looming credit card debts incurred over the festive season.

Similarly, by August 7, the previous official summer sale starting date, most consumers had already spent their leave pay and tax rebates and were in no mood to spend more with their children preparing for a new school year presenting new expenses on the horizon.

Portugal looks to become Euro-Atlantic trade hub

Portugal is seeking to reinforce its potential as an Atlantic trade gateway to Europe with two new major port-railway projects and also hopes to raise its profile as an export hub for emerging economies such as China and Mexico, an official has said.

Speaking at a Lisbon shipping conference, Portugal's state secretary for transport, Ana Paula Vitorino, said her government was ready to establish new trading agreements with various exporting states, in addition to those already reached with China, Mexico, Tunisia and Argentina.

The most significant recent investments by the Portuguese government in port and transport infrastructures are rail freight links to the ports of Aveiro in northern Portugal and Sines in the south of the country, said Vitorino.

The Aveiro line is "an indispensable infrastructure to increase the attraction of the port", added Vitorino, and will

give access to Spain, as well as a future high-speed link to Aveiro, in an investment of 87 million euros. This project is due for completion in 2009.

The railway being constructed to Sines, due to be operational in 2010, will connect the deepwater port with Elvas in Portugal and nearby Badajoz in Spain, offering exporters an onward connection with a planned TGV line to Madrid.

"The government's vision is part of the challenge to transform Portugal into an Atlantic platform for trade to the Iberia Peninsula and the rest of Europe by increasing ocean freight traffic and providing competitive and sustainable links", Vitorino said. (TPN/Lusa)



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Portugal signs up to renewable energy target



Germany's Federal Chancellor Angela Merkel (L), whose country currently holds the European Union presidency, welcomes French President Jacques Chirac for a two day summit at the EU headquarters in Brussels last Thursday. EU leaders opened the summit seeking a landmark accord on the fight against climate change that would lay down tough targets for slashing greenhouse gas emissions. (Photo: EPA/Olivier Weiken)



Portugal last week came out in favour of a decision by European Union leaders to introduce a binding target on the use of renewable energy, such as wind and solar power.

The European Commission described the deal as "a major step which places the EU in a leadership position on the issue of climate change".

While Portugal had backed the proposal to boost renewable energy fuel to 20 per cent of all energy requirements by 2020 from its present level of seven per cent,

several mainly Eastern European member states had baulked against it arguing they would struggle to make the necessary investment in wind farms and

solar power to meet the target. However, a commitment by the European Commission to give them time to fund such a programme was sufficient for them to support the proposal.

In addition to renewable energy targets, the EU leaders also agreed to reduce carbon dioxide (CO₂) emissions by 20 per cent from 1990 levels by the year 2020. A major factor in this reduction will be the use of bio-fuels, which according to Brussels will make up 10 per cent of total vehicle fuel by 2020.

The agreement represented a victory for France by having nuclear energy – which makes up 40 per cent of the country's energy needs – recognised as one way to reduce CO₂ emissions.

German Chancellor Angela Merkel, whose country holds the EU's six-month rotating presidency, said the proposed binding target on renewable energy would "inject a new quality into the energy climate change policy of the European Union".

The agreement allows flexibility in how each country contributes to the overall target on renewable sources.

European Commission President Durão Barroso said he was pleased an historic agreement had been reached. "These decisions are very important for the future of our planet, for the future generations, for the global community," he said, adding that it was the most ambitious package ever agreed by an institution or any group of countries in the world on energy, security and climate protection.

On the question of air pollutants, Brussels has said it is willing to offer to extend its 20 per

EU SNIPPETS

EU Workers to be Made Aware of 'Rip-Off Britain'

Migrant workers from other parts of the EU are to be warned about the risks they face in 'rip-off Britain.' The UK government is planning to work with other EU states to distribute information and advice about life in Britain to dispel myths about wages and lifestyle. The high cost of living compared with other EU countries will be one of the points emphasised. Would-be migrants to Britain will be alerted about their rights and informed of "unscrupulous practices" they may face when dealing with employment agencies in their own country that are looking to fill job vacancies in the UK. Britain's Trade and Industry Department says the planned new legislation covering employment agency workers is aimed at protecting the vulnerable and clamping down on rogue companies and reflects proposals contained in the current EU draft Agency Workers Directive.

Germany Seeks Common History Lessons Across Europe

Germany, which holds the six-month rotating EU presidency, has called for the creation of a common European history book for use in schools across the EU. The idea has been discussed at a meeting of EU education ministers in Heidelberg in Germany. A common history book is already being used in French and German schools. Each chapter is written by two historians, one French and one German. European pupils would learn about events and their causes from all sides – not just their own country's version. The Franco-German book in use in schools for the first time this year, covers European history since 1945. It gives both countries' point of view and is used in the final years of secondary school education. A spokesman for the German EU presidency pointed out that the proposed book would be a history of Europe, not of the European Union.

EU Bans Pakistani Airline

The EU has banned most of the planes of Pakistani International Airlines (PIA) from flying to the 27-nation bloc because of safety concerns. The ban affects 35 of the airline's fleet of 42 aircraft, with just seven Boeing 777s exempted. PIA said last week it strongly opposed the ban, which it did "not consider justifiable". The airline's flights to London, Paris, Rome and Amsterdam will be among those affected. The EU said it based its ruling on safety concerns surrounding the condition of PIA's fleet of 747s and Airbus 310s. The routes affected are some of the most lucrative for the airline and will be a blow to its revenues. PIA took a large cut in its domestic and Middle East revenues after the Pakistani government forced it to ground its outdated Fokker fleet following a number of fatal accidents involving the aircraft.

EU Criticised Over Treatment of Roma Children

UNICEF officials on Monday called for the lives of Roma children in Europe to be vastly improved and at the same time criticised EU states for doing very little to help their plight. A one-day United Nations Children's Fund conference in Berlin heard that in Albania, Bulgaria and Romania up to 40 per cent of Roma children were not schooled and that the proportion was double this figure in Bosnia-Herzegovina. "Roma children must be given the chance to escape the hellish spiral of poverty, marginalisation and discrimination," said Reinhard Schlagintweit, a member of the UNICEF board in Germany. He added that Europe would pay a heavy social and political price if it allowed "hundreds of thousands of Roma children to grow up in ghettos without education and hope for the future". Ninety one per cent of Hungary's 800,000 Roma live below the poverty line.

EU Investigates if Cloned Animals are Safe to Eat

The European Commission said last week that it has ordered Europe's food agency to study whether it is safe to eat cloned animals and their produce and what effects they could have on the environment. The European Food Safety Authority (EFSA) "has been asked to assess the possible implications of cloning on food safety, animal health, animal welfare and the environment in the EU," the Commission said in a statement. It noted that animal cloning is relatively new but said it was ordering the study as the science appears likely to expand in the future. The Commission has given EFSA six months to provide "scientific opinion" so that Brussels can better decide how to deal with food and produce from cloned animals and their offspring. The US government said in December that meat and milk from cloned animals is safe for human consumption.

cent target for emission cuts to 30 per cent if other heavy polluters like the United States, China and India agree to do likewise.

But the accord was heavily criticised by Green groups as being too little too late. Caroline

Lucas, deputy leader of the Green party in the EU Parliament, said: "This sends out a dangerous message to the rest of the world that the European Union knows what's needed to tackle climate change, but is not prepared to do it".

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Portuguese women better educated, but paid less than men

Women are filling most new jobs in Portugal but still face barriers to equality with their male counterparts, according to a European Commission report published Tuesday.

A similar picture is emerging across the 27-nation European Union where on average three out of four new jobs are being taken up by women. "But important gaps with men remain," the Commission's official statistics agency Eurostat reported.

The report said that in Portugal the pay gap between men and women in professional careers is close to seven per cent in favour of males.

The educational levels of women in Portugal are higher than men with females representing 59 per cent of all university graduates – but again, on taking up employment females will invariably be paid salaries less than men.

"Out of the eight million jobs created in the European Union since 2000, six million were filled by women," said the Equal Opportunities Commissioner Vladimir Spidla.

"But while women are outperforming men in educational achievement and bolstering Europe's overall employment rate, they are still underpaid, earning on average 15 per cent less than men for every hour worked," he added.

However, while a greater percentage of women than men are filling new jobs across Europe, their numbers in national parliaments remains very much on the

low side.

In 2006, according to the report, only 24 per cent of Portugal's MPs were women while in Germany, Austria, Spain and Belgium the figure was 30 per cent and 40 per cent in Finland, the Netherlands, Denmark and Sweden. At the other end of the scale less than 15 per cent of MPs in Greece, France, Slovenia, Ireland and Romania were women.

The report also found that European women also face greater difficulties in reaching "decision-making positions in the economic sphere". Across the EU in 2006 just 32 per cent of management positions were held by women – only one per cent above the 2000 level. This share exceeded 35 per cent in Baltic countries and France while it was lower than 15 per cent in Portugal, Malta and Cyprus. Only 20 per cent of scientists and engineers in the EU are women.

The European Commission said it is committed to "taking all possible steps to eliminate the gender gap" by "strengthening gender mainstreaming in the implementation of employment policies, continuing the efforts aimed at allowing men and women to reconcile their professional, private and family lives, and supporting EU member states in implementing measures in that area".



Railway employees on the Cais do Sodre/Cascais line, handed out flowers to passengers last Thursday to commemorate Women's Day. (Photo: Lusa / Manuel de Almeida)

Portugal still adrift in computer skills ratings

In the second of two surveys in three years the European Commission confirmed last week that Portugal still has one of the lowest levels of computer skills among its 16 to 64 year olds than most other European Union member states.

In conjunction with International Women's Day 2007 on March 8th, last week, the Commission published statistical data on women in the EU within fields of demography, education, computer skills, employment and unemployment, illustrating differences and similarities with men.

When it comes to computer skills, Portugal's female population aged between 16 and 64 are among the least talented in the EU with 64 per cent of them being computer illiterate alongside their counterparts in Bulgaria where 69 per cent don't know one end of a computer from the other and Italy where 64 per cent admitted not knowing the difference between a WC and a PC.

Portugal's men did not fare much better in the survey. Nearly 56 per cent of them claimed never to have used a computer and of those that had

28 per cent said they possessed a low level of skills with 72 per cent expressing a medium to high level of computer skills.

But all the signs are that women in Portugal are beginning to catch up with men when it comes to handling e-commerce, the Internet and other computer related communication sectors necessary for hi-tech jobs. Improved education standards among women are helping them compete with men for jobs in industry, health, finance and commerce.

Of all women aged between 25 and 59 in Portugal, according to the survey, 16.6 per cent of them have graduated from tertiary education compared to only 11.6 per cent of men in the same age category.

A similar picture is unfolding in several other EU member states. In Belgium, 33.5 per cent of women aged between 25 and 29 have gained university de-

grees compared to 30.9 per cent of men, 30.6 per cent of Spanish women opposed to 28.9 per cent of men and 30.0 per cent of Estonian women compared to 28.3 per cent of men.

However, unemployment rates are higher among Portugal's women workforce than their male counterparts. In the 15 to 64-year-old age group, 8.4 per cent of women are on the dole as opposed to 6.2 per cent of the male population.

But when it comes to longevity, Portuguese women are ahead in the race. Life expectancy at birth for women now stands at 81.4 years with a projected life span of 86.6 years for those who will be born in 2050. At present, Portugal's male population is looking at 74.9 years and 80.4 years for those born in a little over 42 years time, according to the survey.

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Barroso will not be using the 'C' word



European Commission chief Durão Barroso confirmed Tuesday that the word 'constitution' will not figure in a declaration marking the 50th anniversary of the European Union's founding treaty because some member states are opposed to its use.

Barroso's comments were re-echoed at a Berlin press conference given by the German EU six-month rotating presidency.

"The word 'constitution' is a difficult word. It is a term that we will not use in our declaration", an official of the German EU presidency told journalists.

"We won't storm the walls to impose the word 'constitution'," he added.

The declaration, to be released on March 21st, is meant to celebrate the 50th anniversary of the Treaty of Rome – the formation of the then European Economic Community – but its wording has proved controversial, much to Barroso's displeasure, and the 27 EU countries are divided over what it should contain.

The EU constitution project

has been ratified by 18 member states but remains in limbo after it was rejected in referendums in France and the Netherlands in 2005. It must be endorsed by all EU nations for it to legally take effect.

Barroso said in Brussels that the declaration's referral to the constitution was meant to focus the minds of EU leaders on what future direction the European project should take. He added that he was disappointed certain member states were opposed to any reference being made to it in the declaration.

Germany has been a fervent defender of retaining most of the constitutional treaty in its present form, but admits it is not prepared to publicly confront any of its EU allies over the issue.

A debate on the future of the constitution is expected to take place in either May or June.

A further headache for Barroso is the row between Britain and Spain over whether or not the single European currency should feature in the 50th EU anniversary declaration. Britain – a non user of the euro – wants it excluded from the text, while Spain, supported by Belgium and Luxembourg, is calling for its inclusion.

Photo right: Prime Minister Tony Blair stands behind EU Commission President José Manuel Barroso during the family picture of the EU heads of state summit meeting in Brussels, last Thursday. (Photo: EPA / Oliveir Hoslett)



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Barroso supports move to recognise new Palestinian government

European Commission President Durão Barroso last week welcomed a decision by European Union leaders to work with a new Palestinian unity government, provided its programme takes into account the demands of the international Quartet on the Middle East.

Barroso said he was delighted that at long last hope was on the horizon for a peaceful settlement of the Middle East issue. He added that he fully supported a statement by the EU leaders in which they said: "The European Union stands ready to work with a legitimate Palestinian government that adopts a platform reflecting the Quartet's principles".

The Quartet – made up of the

EU, the United States, Russia and the United Nations – has consistently said that any new government must recognise Israel, renounce violence and respect past agreements.

If these criteria are met, the Quartet has said they would agree to lift a financial embargo imposed directly on the Hamas-led Palestinian government after the militant group swept to power last year.

As the EU leaders met in Brussels, Palestinian prime minister-designate Ismail Haniya urged them to lift the embargo amid economic collapse in the cash-strapped territories.

The EU is the main financial donor to the Palestinians giving almost 700 million euros last year but at the same time ensuring that no cash fell into the hands of Hamas. The group is on the terror lists of the EU and the US.

Portugal pulls out of Iraq



Portugal has informed Iraq it is closing its embassy in Baghdad due to a lack of security and the diplomatic mission's high financial costs.

The Foreign Ministry announced the move last week, saying it would maintain an administrative office in Baghdad's diplomatic Green Zone and assure diplomatic ties through a non-resident ambassador based in Lisbon.

Necessidades Palace, in a statement, said Foreign Minister Luís Amado had written to his Iraqi counterpart, Hoshier Zebari, explaining the decision and reaffirming Portugal's "firm support" for Iraq's reconstruction and consolidation of democratic institutions.

Portugal's main opposition Social Democratic Party (PSD) criticised the decision as "unacceptable" and counter to national interests, demanding that Amado urgently explain the move before parliament.

"This decision by the government is contrary to national in-

terest and sends a sign of great ambiguity about our foreign policy", PSD vice-president Azevedo Soares said shortly after the announcement.

In Brussels last Thursday, Amado justified the closure, underlining "the very delicate" security situation in Baghdad. He also said the mission's costs were "very heavy".

He said he was certain the PSD would "surely understand" the government's position once he had the opportunity to appear before parliament's Foreign Affairs Commission.

The Foreign Ministry said Ambassador Francisco Falcão Machado had already returned to Lisbon from Baghdad and that the embassy's 14-man special security force, which also helps train Iraqi security forces, would be withdrawn by the end of the month. *TPN/Lusa*



President Cavaco Silva, accompanied by Defence Minister Nuno Severiano Teixeira (2nd left) and Navy Chief of State Admiral Fernando Melo Gomes (right) during a visit to the Maritime headquarters in Lisbon for a scientific meeting promoting clean technology. (Photo: Lusa / Inácio Rosa)

Portugal sends more troops to Timor



Two additional platoons of Portuguese paramilitary police are on standby to head to East Timor this week to beef up UN forces, a Republican National Guard (GNR) spokesman said.

Lt. Col. Costa Cabral told the Lusa News Agency that the two platoons, numbering between 60 and 80 men, were being readied and could depart for Dili as early as this week.

The GNR currently has a 150-strong contingent in East Timor serving with UNPol.

The UN Security Council decided last month to extend its

UNMIT mission in East Timor by one year and approved the

deployment of additional GNR units ahead of the country's

April presidential election.

TPN/Lusa

Angolan police seize Portuguese licences as reprisal for footballer's arrest



Angolan authorities have seized 16 Portuguese drivers' licenses since last Friday in retaliation to similar Portuguese action against Angolans, Luanda said Monday.

"Until now we have apprehended 16 drivers' licenses from Portuguese citizens in an act of reciprocity to the ban on driving with Angolan licenses in Portugal", the director of Angola's National Directorate of Transport and Traffic (DNVT), Inocêncio de Brito, told Lusa.

According to de Brito, the restriction on driving with Portuguese licenses, introduced last Friday, will only be lifted when the two governments reach an agreement validating the use of Angolan licenses in Portugal.

Angola's foreign minister, João Miranda, is expected to make a two-day visit to Portugal, beginning March 19, to discuss the issue, the Portuguese Ministry of Foreign Affairs announced Monday.

Benfica's Angolan international striker Pedro Mantorras, was detained and had to appear in court in Lisbon last week when he was found to be driving with an Angolan licence.

The Portuguese drivers whose licenses were seized by Angolan authorities face fines of 65 euros or prison sentences of up to six months.

De Brito said Angolans were "stunned with the introduction of the driving-restriction in Portugal for Angolan citizens".

"From now on, Portuguese citizens who want to drive in Angola are required to have an Angolan driver's license and therefore must take a driving test", he said.

TPN/Lusa

Italian FM holds talks in Lisbon

Portuguese Foreign Minister Luís Amado and Italian counterpart Massimo D'Alema held talks in Lisbon on Monday on bilateral, European Union and international issues.

Minister D'Alema also met with Prime Minister José Sócrates and Parliament Speaker Jaime Gama.

The Necessidades Palace said that Amado and D'Alema, among other issues, discussed Lisbon's priorities for its coming turn at the EU helm: the bloc's good neighbour policy, migration, the planned Europe-Africa summit, and relations with Latin America.

Portugal assumes the EU presidency on July 1.

Afghanistan, where both countries have peacekeepers, was also on the agenda, the Foreign Ministry said.

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Microsoft bows to EU anti-trust mandate



Microsoft announced Monday its first software licensing deal under a programme mandated by a 2004 European Commission anti-trust ruling.

The contract with California-based Quest Software came one week after Commission officials accused Microsoft of setting prices too high for technology offered in the Work Group Server Protocol Programme (WSPP).

"This agreement represents a significant milestone for the WSPP and demonstrates the momentum we are seeing in the industry around platform interoperability," said Microsoft's senior vice president Bob Muglia.

On March 1st, EU regulators cranked up the pressure on Microsoft in their anti-trust battle, threatening millions of euros in daily fines if the US software giant failed to satisfy their concerns within one month. The warning came as the European Commission found that

Microsoft had not supplied satisfactory information at reasonable prices to allow its Windows operating system to work smoothly with competitive products in line with the 2004 ruling.

The US-company has long clashed with the Commission over the crushing market power of its existing Windows operating system and was fined a record 497 million euros in the landmark March 2004 ruling.

Microsoft said on Monday that the deal with Quest was proof that it was working to license its technology to other companies and that its pricing was based on the open market.

The technology licence agreed with Quest helps networked business computers to coordinate with each other. The company will pay Microsoft 5.25

percent of the revenue generated by products incorporating the licensed technology.

"This agreement clearly shows that Quest believes the royalties are reasonable," Microsoft said in a statement.

Quest president Doug Garn said his company planned to use the technology in software that adds greater security and robustness to networks equipped with Linux, Unix and Windows-based servers which are working together.

He added that the "value of the agreement is that Quest is now better positioned than ever to implement truly interoperable solutions for customers that do not require them to support and maintain multiple islands of technologies and redundant processes".

IRS 2006: Procedures nº 2 - How, when and where to file

by Dennis Swing Greene

In this series of articles, we examine required procedures when declaring Individual Income Tax "IRS" in Portugal:

- 1) Fiscal Residency
- 2) Submitting your "IRS" Declaration
- 3) Non-Residents
- 4) Exemptions from Filing
- 5) Marital Status

While in the "good old days", many were exempt from submitting IRS tax forms, the law has changed and now the overwhelming majority of foreign residents must declare. If you have lived in Portugal for years yet never filed an "IRS" return, why should you start now? In the 2005 tax year, everyone is required to submit a tax return with the exception of those earning only Social Security pensions falling below the minimum wage. No tax return can put you on the wrong side of the law and vulnerable to undesired queries. If you are from a non-EU country, you will not be able to renew your "Residência" without one. For EU citizens, it's only a matter of time before presenting your "Modelo 3" is compulsory for renewals.

Important Dates
All tax returns must be submitted by the following deadlines to avoid penalties.
When filing using conventional paper forms:
1 Feb - 15 Mar:

if only salaried and/or pension income;

16 Mar - 30 Apr

in all other cases.
When filing electronically via Internet:
10 Mar - 15 Apr:

if only salaried and/or pension income;

16 Apr - 25 May:

in all other cases.
Attention: In the past, late returns incurred only a token fine. However, the law has changed and the fines now start at €50 and can be as high as €5,000.

Also remember that the fiscal year in Portugal corresponds to the calendar year (1 January - 31 December). British nationals need to be especially careful since their April-to-April "P 60's" will not correspond to the Portuguese fiscal year.

Where to submit your return:
Declarations may be submitted

in person at the local tax office ("Repartição de Finanças"), by post or over the internet: <http://www.e-financas.gov.pt/> The website and forms are only available in Portuguese. More and more services are becoming available on line, such as checking your newly updated "Valor Patrimonial" (rateable value) of your home. Some business related submissions can only be submitted over the internet.

Attention: Getting a passport takes at least a week so this step should not be left to the last minute!

Tax forms keep changing and this year is no exception. *Modelo 3* is now only an information cover sheet. Different categories of Portuguese sourced income are reported on the appropriate corresponding annexes. Foreign income is reported exclusively on *Modelo J*. All expenses have moved to Annex H. Net taxable income is calculated by reducing taxable income by personal deductions and tax credits. Certain types of income benefit from specific tax incentives. Tax liability is computed according to tax rate tables, reduced by applicable tax credits.

If non-residents are subject to withholding tax, this payment-at-source represents a final payment and they are not required to file a tax return. However, any other income arising in Portugal, such as rent or capital gains on Portuguese real estate, must be reported. In fact, your first obligation is to report the income and pay the tax in the

country where it arises (in this case, Portugal), then report again in your home jurisdiction to claim the international double taxation credit.

When to pay your Tax Bill:
Based on your submission, Finanças will calculate what you owe and send a demand later in the year. Income tax is due within one month of the issue of an assessment by the Tax Authorities. Late payment will incur monthly interest charges.

It may come as a surprise that filing a correct tax return in Portugal can actually save you money. Submitting a tax return is not synonymous with paying tax. The Portuguese tax code has generous allowances and unexpected exclusions on certain forms of income, broad deductions for numerous types of expenses and liberal tax credits for many common expenditures. Many people find their tax burden in Portugal to be significantly lower than in their country of origin.

Next: Non-Residents and Filing Requirements

Dennis Swing Greene is an International Fiscal Consultant for euroFINESCO s.a. *Private consultations can be scheduled at our offices in Guia (Albufeira) and Lisbon (Chiado) or by phone or video conference. In the Algarve, call 289 561333. In Lisbon, call 21 342 4210. Mobile 96 910 2813, by e-mail: info@eurofinesco.com, or www.eurofinesco.com*

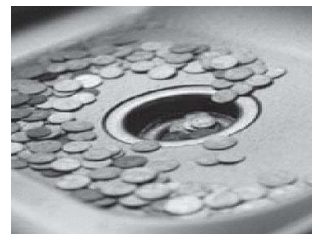
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Doll hospital gives special care for special patients

A feverish teddy bear and a toy dog with toothache were just two of the many patients requiring the special care and attention of the 'Hospital da Bonecada' toy hospital, set up this week by Lisbon's Medical Sciences University students' association.

Open to all children to bring along their favourite toy (and respective imaginary illness), the hospital is fully equipped with a waiting room, consultation rooms, a pharmacy, a surgery block, a dentist and a treatment

room.

The aim is to demystify fears and anxieties that children normally associate with a trip to the doctor or dentist.

Hospital da Bonecada will be running until March 23rd at the D. Estefânia Hospital in Lisbon, open Monday to Friday for group visits from playgroups

and kindergartens, and on week-ends for the public.

Project coordinator Rita Rodrigues hopes to see an estimated 1,600 children over the next two weeks, whose ailing toys will be taken care of by 500 doctors, nurses and dentists in training, of the most diverse specialities.

Illegal nursing homes closed due to neglect

Two 'oldage' homes in Lisbon were closed after authorities discovered they were operating illegally. Lack of hygiene, food and over-priced rates were just some of the irregularities that led to their closure, as well as lack of licences.

In one of the cases, in Sasseiros, Carcavels, two elderly people were found tied to their beds whilst another four shared a tiny room, one of whom was sleeping on a mattress on the floor.

The illegal set-up was discovered after firemen were called to the 'home' to extinguish a small fire.

Upon arriving at the scene, located on a floor in a Carcavels apartment block, the firemen discovered nine elderly people sharing a cramped space without minimum hygiene or sanitary conditions, and subsequently alert the authorities of the situation.

Following authority inspections the nine elderly were re-

moved and the floor closed off. Each tenant was reportedly paying an estimated €500 each, per month.

During enquiries, the management informed inspectors that the illegal 'floor' was actually an extension of another respite home operating in a neighbouring building.

A second case saw the closure of a respite establishment in Santa Filomena, Amadora, also closed due to negligent hygiene conditions and not having a licence. Investigations revealed that the home had actually been running without a licence for 11 years.

Reports state that some of the 18 residents in the care of the 'Bom Amigo' elderly persons' retreat, had been left unfed for two days, whilst others had no access to clean water for bathing. The establishment itself was located in a basement and concerned members of the public had previously made a number of complaints.

One witness, a local resident, told newspaper *Diário de Notícias* that on one occasion "a door had to be broken down as there were old people left inside to rot". "Sometimes you could hear screaming. The old people were left inside alone during the night with no one to look after them. This is unacceptable. Each one of them is paying some six or seven hundred euros a month".

Social Security workers were called to the home, a visit that led to the removal of all tenants. Five of the elderly required medical care and were admitted to the Amadora/Sintra Hospital following doctor's recommendations.



One of the 'Hospital da Bonecada' assistants explains to a child what is happening to her doll. The hospital is open to all children wanting to bring in their poorly toys, and in return, they learn about doctors, medication and instruments. (Photo: Maria Cruz / Lusa)

Two arrested for Metro muggings

Lisbon police have arrested two suspects in connection with a series of muggings which took place throughout the Lisbon subway network.

The suspects of 36 and 29 years of age, had been under police surveillance for the past 11 months "on suspicion of dozens of muggings".

Presently detained and charged on 20 accounts of theft, the two men would wait by subway escalators and snatch bags as passengers got off. They would then sell possessions inside the bags, including mobile phones, wallets and other personal items, in exchange for drugs.

Authorities also carried out a house search on the room the two suspects were renting in a Bed & Breakfast establishment, from where various stolen items were recovered.

Democrats Abroad elect new officers

Democrats Abroad Portugal met on Saturday March 10 in Cascais. They elected officers for the 2007-2009 term, which will include the US presidential elections in November, 2008.

The officers will be: Chairperson Gilbert L. Wells; Vice-Chairperson Milchen de Vasconcelos; Secretary Justina Wells; Treasurer Abe Malouf; Counselor Stuart Schuyler



Gilbert Wells, Chair; Justina Wells, Secretary; Milchen de Vasconcelos, Vice-Chair; Stuart Schuyler, Counsel; or not present, Abe Malouf, treasurer

South-American smugglers held at Lisbon airport

Seven South-Americans were detained in two separate incidents at Lisbon airport after being found in possession of cocaine and attempting to smuggle it into the country.

Three Brazilians, a Venezuelan, and three Colombians, one of whom is a woman, all aged between 25 and 42 years, were detained by police and border

control authorities after arriving at the airport.

A first incident involved two suitcases, in-bound from Brazil, with 2.2 kilos of cocaine hidden in a fake bottom of each case.

The remaining 800 grams were being transported in the Colombian's stomachs and who had arrived in Lisbon on a flight from Venezuela.

One of the Brazilians is believed to be an undercover police officer, reportedly responsible for organizing the smuggling of the drugs from Brazil.

Reports also suggest that both lots of cocaine were destined for Spain, and Portuguese officials have now requested aid from Brazilian and Spanish police in investigating the crimes.

Money and two vehicles were also seized in connection with the arrests.

NOTICE

ANNUAL GENERAL MEETING of
**The St. Andrew's Society
of Lisbon**

on
Wednesday 21st March, 2007 at 7.00 p.m.
at
Rua Marques de Pombal 347, Murches

ENGLISH DENTAL SURGEON

Dr. Francis Haley

B.D.S.

(Guy's Hospital, University of London)

Av. 25 Abril, 184 - 1°C 2750 - 511 Cascais

Tel: 21 486 3012

http://clinic.cd Haley.pt

Lisbon fails to pucker up



One of the couples that took part in the biggest kissing gatherings in history, where around 200 people turned up for the event that required couples to smooch in front of cameras. (Photo: Andre Kusters / Lusa)

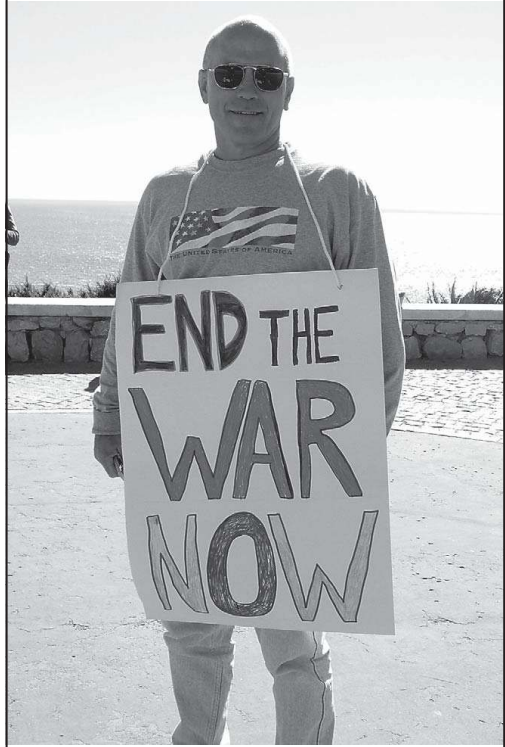
A daring project to entice Lisbon lovers out of their homes and into their city has failed to prove fruitful. "Beijame" was devised to attract couples to the Santa Catarina viewing point where they were required to smooch in front of cameras.

After puckering up for the cameras, images of the romantic couples were projected onto walls and screens around the city as well as on the internet, in the hope of encouraging other couples to do the same.

However, shyness appears to have prevailed and the incentive, part of a programme devised by 'Movimento Acorda Lisboa' (the 'Wake Up Lisbon' Movement) with the philosophy of encouraging people to discover and enjoy Lisbon's attractions, was a flop.

More onlookers than actual kissers led the organisers, an IT technician, a city hall employee, a lawyer and a geographer, to conclude that the Portuguese still gave into their inhibitions and shied away from being affectionate in public, at least when it is not a spontaneous act.

Marching for peace



The Democrats Abroad, as well as some thirty others of all nationalities, recently marched for peace along the Guincho road in Cascais. Pictured above is one of the peace marchers, Matty Carrozo.

Americans in Portugal Luncheon Features Embassy Speakers

Forty-five Americans in Portugal members, friends and guests turned out on Wednesday, March 7th, at the Cascais Cultural Center, to hear Kathryn Fitrell and Thomas Haycraft explain the functions of their American Embassy positions.

Kathryn Fitrell, the American Citizens Services coordinator in the Department of State Consular Office listed the many services offered to Americans and others seeking entry into the United States. Kathryn may be reached by telephone during daytime hours at the American Embassy, by calling +351 217 702 414.

The State Department's Citizens Services consist of: registering U.S. Citizens with the Embassy; processing Applications for renewal of U.S. Passports; taking oaths and notarizing documents for use in the United States; preparing Consular reports of births abroad for children born to U.S. citizens; helping U.S. citizens to register to vote in U.S. elections; answering questions relating to acquisition, transmission or loss of U.S. citizenship; matters relating to U.S. Visas for study, tourism, immigration, business travel and other purposes; helping Americans in Portugal who need medical assistance, have been victimized, or are destitute; alerting Americans, living in or visiting Portugal, by disseminating information when security conditions warrant

particular attention, such as in disasters, hurricanes, earthquakes, terrorist threats, civil unrest, etc.

Thomas Haycraft, the Regional Security Officer, explained the procedures employed by the American Embassy in Lisbon, and detailed for the audience why it was necessary to undergo such tight security measures to gain entry. He told of threats of terrorism, even in a country as peaceful as Portugal, and explained that Portugal was but a short drive from Madrid, Spain, where terrorism has been an active threat for many years, including the recent train bombings and other foiled terrorist plots. Vigilance, he said, was what kept the American Embassy safe and its employees out of harm's way.

Haycraft graduated from George Mason University in 1985 with a Bachelor of Arts Degree in Anthropology, and received a Master of Science Degree in Strategic Intelligence from the Joint Military Intelligence College in 1999. He has been a Special Agent with the Diplomatic Security Office since 1987. His assignments have included security positions at the Washington, D.C. Field Office, and at American Embassies in Honduras, Lebanon and Lisbon, Portugal. He has served on Secretary of State Warren Christopher's Protective Detail (1994 - 1996); has served in Counter-Intelligence positions, and was previously stationed at the Diplomatic Security Service Training Center.

Kathryn Fitrell, who is from Seattle, Washington, joined the American Foreign Service in 2003. Her postings include Washington, D.C., where she served as Public Affairs Officer for the Department of State's International Organizations Bureau. Prior to coming to Lisbon, she served in the American Citizens Services unit of the Consular Office in Guatemala City. She graduated from the University of Washington, in Seattle, where she received a Bachelor of Arts Degree in Communications. She has worked as a journalist, a press officer for five Washington State Senators, and as Press Secretary to a Member of the U.S. Congress.

Mizé's famous Luncheon

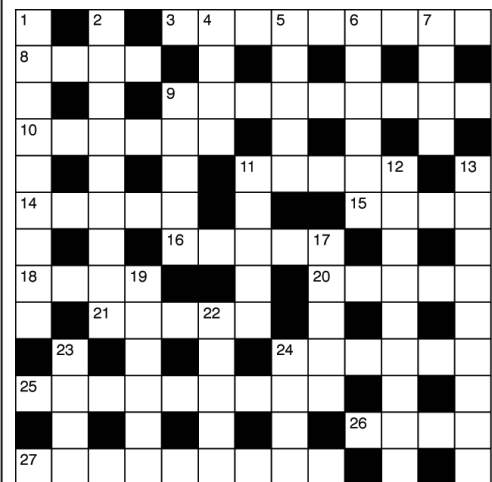
Buffet consisted of a mammoth buffet table set with choices amongst over 20 items of hot and cold salads, vegetables, meats, cheeses, seafood, rice dishes, couscous, and several desserts to choose from for those whose appetites were not already sated.

Americans in Portugal will hold its next program after Easter Vacation, in May, at a date and place to be announced. For up-to-date information about Americans in Portugal events and programs, including photos of this and previous luncheons, please visit the AmP website at: <http://ampportugal.planetaclix.pt>



Kathryn Fitrell, American Citizens Services coordinator assisting Americans in Portugal member Warren Roth with a lost luggage issue.

The Portugal News Crossword No. 133



ACROSS

3. Pattern (9)
8. Slender (4)
9. Bizarre (9)
10. Passage (6)
11. Pulsate (5)
14. Meal (5)
15. Rip (4)
16. Cloth (5)
18. Transmit (4)
20. Best part (5)
21. Thick (5)
24. Shining (6)
25. Permissible (9)
26. Sediment (4)
27. Unpremeditated (9)

DOWN

1. Constant (9)
2. Narrow-minded (9)
4. Uncommon (4)
5. Seize (5)
6. Autocrat (6)
7. Substantive (4)
9. Protect (5)
11. Topic (5)
12. Blockade (9)
13. Playwright (9)
17. Scratch (5)
19. Oust (6)
22. Rogue (5)
23. Bend (4)
24. Obscure (4)

QUICK CROSSWORD SOLUTIONS No.132

Across: 1 Alps; 3 Abdicate; 8 Pert; 9 Describe; 11 Announcement; 13 Scrape; 14 Cloth; 17 Ostentatious; 20 Believer; 21 Snub; 22 Latitude; 23 Mere.
Down: 1 Appraise; 2 Partner; 4 Breach; 5 Incomplete; 6 Alien; 7 Even; 10 Supplement; 12 Feasible; 15 Trounce; 16 Attend; 18 Split; 19 Abel.

Second 'Algarve Invites' reveals plans for future

Following its successful debut held last year in Lisbon, the annual 'Algarve Convida' trade fair looks set to take the rest of the country by storm after reports suggest identical fairs could be held in other Portuguese and in UK and Spanish cities.

'Algarve Convida' (literally translated as 'Algarve Invites') showcases the best of what the region has to offer, promoting the likes of local fairs and produce from the various municipalities, along with resorts, hotels and other amenities.

This year the fair promises to be bigger and better than its predecessor, covering about 5,200 square metres in Lisbon's *Atlântico* Pavilion.

Destined to allure the Portuguese market, 'Algarve Convida' promotes the region's natural beauty and appeal, at the same time offering discounts and specially priced packages on a number of establishments and services.

According to Hélder Matins, President of the Algarve Tourism Board, who are responsible for the fair's organisation, the next step

could be to hold 'Algarve Convida' in cities such as Oporto, Braga, and even in foreign locations like the UK or Spain.

Last year some 15,000 people visited the fair, which this year doubled its promotional investment, spending an estimated 150,000 euros on publicity.

One of its main objective this year is lending added exposure to some of the region's most prominent projects, including cultural and musical events, and Portimão's new 'Arade' Pavilion and racetrack.

Open over the weekend, the fair will be inaugurated by Portuguese Minister for Economy and Innovation, Manuel Pinho, on Friday 16th March at 15h00. From 16h00 it is open to professionals of the tourist trade, Saturday and Sunday being open to all with free entry.

Portugal come last in women's football championships



Portugal, the hosts of this year's world women's football championships have ended last in the tournament. In a play-off for 11th and 12th place, Portugal drew against Ireland in normal time, only to lose 5-4 in a penalty shoot-out to collect the wooden spoon. Italian soccer player Tatiana Zorri (R) fights for the ball with Portuguese Paula Cristina during their World woman's football championship match on Friday, 09 March 2007 at Lagos stadium in Algarve. (Photo: EPA / Melanie Map's)

Police hunt for Brit suspected of cigarette smuggling

Seven containers of cigarettes were seized from an Albufeira warehouse following routine checks by Olhão GNR's Fiscal Brigade (BF) earlier this week.

Specially trained officers spotted the containers during the inspection, which contained 337 10-pack boxes of cigarettes. Amongst which were common UK brands including Lambert, Benson & Hedges, Super King and King Blue, equalling 3,370 individual packs of cigarettes, 67,400 cigarettes, and a commercial value totalling over 10,769 euros.

It is thought the suspect in-

tended to sell the cigarettes in the UK, where they would triple their Portuguese retail value. The cigarettes would have fetched around £20,000 on British streets, local police say, meaning tax losses of nearly €7,500.

However, only amounts in excess of €7,500 constitute a crime under the Portuguese penal code.

Despite managing to escape the police, the suspected smuggler has been identified.

Investigations as to his whereabouts are ongoing, as are enquiries as to how the cigarettes entered the country, with Spain being a likely source.

Austrian duet Opera Dinners at the Sheraton

Following the success of the first Opera Dinner, the Sheraton Algarve Pine Cliffs Resort in collaboration with German soprano Birgit Wegemann are proud to announce another Opera Dinner, which will take place on Friday, April 6th.

Following in the successful footsteps of the Italian Opera Dinner evening, this time the music and dinner will be inspired by an 'Austrian' theme, offering an exceptional combination of great cuisine, excellent ambience and superb music.

The culinary choices of

Christoph Kessler, the Austrian Executive Chef at the Sheraton Algarve Hotel, will be combined with a beautiful collection of arias and songs from operas and operettas, sung by Birgit Wegemann. The well-known singer will present operatic arias by Austrian composers, including Wolfgang Amadeus Mozart, Johann Strauss and Robert Stolz. Elena Tsouranova will accompany Birgit at the piano.

The Austrian Opera Dinner starts at 20h00.

The 'very tempting' price of this unique culinary-musical event is €55 per person, including half a bottle of wine, per person.

For more information or to make a reservation, please contact the Sheraton Algarve Hotel on telephone: (+351) 289 500 100 or e-mail: GSC.Algarve@luxurycollection.com

Elderly foreigner arrested for forgery

A 68-year-old foreigner who, thanks to nine different bogus identities, enjoyed the use of nearly 100 fake debit and credit cards, was arrested this week by Faro police. At the time of his arrest the man, said to be an Italian national, who has reportedly been living on the outskirts of Faro for the past four years, was found in possession of over ninety forged or illegally ob-

tained credit and debit cards.

It is believed that over his time in Portugal the senior citizen has duped banks, credit companies, including Millennium, Citibank, HSBC, and Maxmat, out of more than 60,000 euros.

Nine blank Italian ID cards, a car, five mobile phones and various items of jewellery and watches were also seized following his arrest.

Are you a US democrat living in the Algarve?

The Portugal chapter of Democrats Abroad is interested in contacting American Democrats who live in the Algarve to form a local chapter of the organization.

Democrats Abroad is an official organization of the US Democratic Party, with chapters in over 60 countries. Democrats Abroad Portugal, based in Lisbon, provides overseas voting information, sponsors discussions and lobbying efforts on US political issues and hosts social events. An Algarve chapter would organize similar activities and communicate and meet regularly with its Lisbon compatriots.

Any Democrat interested in participating in an Algarve chapter of Democrats Abroad should call Susan Michael at 282 087 904 or 91 857 5533.

Thousands of items confiscated during Estoi market raid

Ninety five GNR officers were involved in a raid carried out last weekend on an Estoi market that resulted in the seizure of more than seven thousand counterfeit items totalling some 45,000 euros in value.

The seized items included 3,410 garments of clothing and 403 pairs of shoes, 1,474 Cd's, 1,020 DVD's, and hundreds of Moroccan products, amongst which were belts, bags, wallets and key-rings.

From 12h00 until 18h30, 25

stalls and 144 vehicles were inspected, 23 of which were subject to legal action or even impounded.

Twenty-one individuals were also fined or detained in relation to the counterfeit products.



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Portimão's champions, from left to right: Bruno Ferreira (Under-16 singles champion), Diogo Aguiar (Under-16 doubles champion), André Aguiar (Under-12 singles champion and doubles runner-up), Nuno Ribeiro (Portimão tennis coach) and Bruno Martins (Under-12 doubles runner-up).

Portimão's pride



The Portimão e Rocha Tennis Club has once again dominated regional boys' tennis events, winning three of the four titles on offer at this past weekend's regional championships staged in Vilamoura.

Portimão has once again underlined its prominence in boys tennis, after another productive weekend in the Algarve.

In the under-16s, Portimão's Bruno Ferreira, successfully defended the title he won last year, by beating fellow club player, Roque Rocha in straight sets, 6-2 and 7-5.

In the doubles, Portimão made up for the omission of Bruno Ferreira from this particular event due to him playing in a professional tournament in Albufeira, when Diogo Aguiar teamed up with Manuel

Alturas de Vila Real de Santo António to beat the Tavira pair of Duarte Madeira and Ricardo Jorge.

In the under-12s, held in conjunction with the under-16s, André Aguiar, who has already been called up to represent his country, won the singles title by beating Carvoeiro's Christopher Raspin 6-3 and 6-1.

In the doubles, André Aguiar was joined by 10-year old Bruno Martins, eventually losing in the final in a tight match against Carvoeiro's Christopher Raspin and Marten Moller.

Hit-and-run driver still at large

An 83-year-old woman was left hospitalised after being knocked down by a hit-and-run driver in Pateiro, Lagoa.

GNR sources confirmed the incident, describing how the elderly woman had been walking to the side of the EN125, which passes through Pateiro, when she was clipped by a vehicle and knocked down.

The driver fled the scene of the crime, leaving the woman, who was injured though still conscious, to be assisted by others.

She was admitted to the Barlavento Hospital, in Portimão, where medical sources have said the woman 'seems to be out of life-threatening danger'.

Portimão GNR's Criminal Investigation squad are investigating the incident in an attempt to find the driver.

su do ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it.

There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

		9				7
			8		9	
	6	1				3
1		2		4		
8	9		7		6	1 2
			8		3	9
	4				6	5
		6		3		
2				5		

Last weeks solution:

6	3	2	4	9	5	7	8	1
8	7	9	6	2	1	4	3	5
1	5	4	8	7	3	2	6	9
2	8	5	9	6	7	3	1	4
4	1	6	5	3	2	8	9	7
7	9	3	1	8	4	6	5	2
5	6	8	7	4	9	1	2	3
3	4	1	2	5	6	9	7	8
9	2	7	3	1	8	5	4	6

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com

Mass losses predicted following EU fund cutbacks

The Algarve is facing losses of up to half a million euros a day over the next seven years, following a shift in EU funding priorities.

This bleak scenario was revealed by PSD/Algarve leader José Mendes Bota, who last week headed a debate dedicated to the subject, and during which he addressed and criticised funding delays and lack of criteria con-

cerning grants.

It is predicted that the Algarve will receive less than half of what was originally budgeted, some 634 million euros from a global allowance of one billion euros of EU funds.

These allowances were intended for areas of investment including agriculture and fishing, though, according to the PSD party leader, other "pharaonic" projects such as OTA airport and the TGV may be draining EU

grants and leaving regions like the Algarve to suffer the consequences.

"Over the next seven years we will lose at least half a million euros a day, including weekends and national holidays, in global investments from community funds", he said, pointing the finger at the government by adding "If the Portuguese Government didn't spend significant Cohesion Fund allowances on other

projects, the Algarve would benefit from financial injections sufficient to settle its debts".

Describing the Algarve as a "colony" that fills the State's coffers with revenue from its tourism trade, he further accused "we are exploited by central powers without minimum compensation".

AFPOP matters

AFPOP seminars programme



Request for pre-qualifying non-binding bids, preparatory to the issue of a formal request for proposals and the submission of binding proposals.

For several years AFPOP has run successfully a seminars programme for its members and for potential members

AFPOP's Management Council considers that the time has now come to extend the seminars programme to cover a wider range of topics on a continual basis.

To that end AFPOP is seeking to appoint an entity or person under contract to direct and manage its seminars programme. It is envisaged that the appointed contractor will operate on a turnkey basis, being responsible for the development, sales and delivery of all seminars in accordance with a plan submitted by the contractor and approved by AFPOP at the outset. AFPOP will provide an agreed level of administration support, and would seek to recover the associated costs from the contractor.

Interested parties are invited to submit non-binding bids by

27th April to the following address: AFPOP - Apartado 728, 8501-917 Portimão

Non-binding bids are required to include the following information:

- Bidder's profile (background, history and capacity)
- Bidder's relevant experience
- Any other pertinent information the bidder chooses to include

AFPOP will consider the non-binding bids and will pre-qualify bidders by 30 April 2007.

The result of the pre-qualification process will be communicated to all pre-qualifying bidders on that same date, and at which time the successful pre-qualified bidders will be invited to a clarification meeting with AFPOP representatives, preparatory to submission by them of binding proposals by a date to be agreed.

Vale D'el Rei inaugurates luxury day spa

Last week a new addition to the charming Vale D'el Rei resort was inaugurated, a day spa, which offers a range of interesting and indulgent treatments by leading therapists and is open to all.

Spa manager Graça Ataíde, herself a qualified beauty therapist, welcomed guests with samples of what the new spa will offer, including facial treatments like Guinot's 'Double peeling' and 'Thalgo Men' by Thalgo.

Therapist Pedro Rombo introduced guests to the benefits of Ayurvedic Massage Tech-

niques, ancient Indian techniques that induce relaxation, circulation and detoxify, whilst Shiatsu Master José de Castro Guimarães gave visitors live demonstrations of the legendary Japanese massage.

The day spa is open every-day from 10h00 to 20h00.

Vale D'el Rei is located in Caramujeira, between Lagoa and Porches. For more information call (+351) 282 380 120, or see website: www.valedelrei.com.

Readers mentioning this article will benefit from discounts of up to 20 per cent.



From left to right: Shiatsu Master José de Castro Guimarães with Spa manager Graça Ataíde.

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LOCATION

The FATACIL showground is the most popular location in the Algarve. Spacious, relaxed layout which visitors and exhibitors all enjoy.

ADVERTISING

No fair is advertised and promoted as well as this. The Fairs will again be backed by a massive advertising programme: Full colour pages in *The Portugal News* for several weeks in advance, extensive outdoor banner and location advertising, the Portuguese Press plus a professional PR campaign

CROWDS OF BUYERS

The central "theme" of these Fairs is to make a day out for all the family, with great food and entertainment as well as stands to visit. The result? - Visitors feel relaxed, stay for longer and look forward to the next event.

FOOD

The ARENA was a major attraction in May 2006, with 11 restaurants and food outlets. 2007 will improve on this as the organisers know that good catering is central to both exhibitors and visitors.

ENTERTAINMENT

In the ARENA, on the big stage, excellent live entertainment is being planned for 2007 extending later into the evening. Visitors stay longer as they have so much to see and do.

STAND COSTS

You can exhibit for as little as €202.50

ACTION - See what's available and book online

You can download the stand plan and prices at www.algarvefair.com

You can book online at <http://booking.algarvefair.com/> or click through from the main site

You can call the Exhibition hotline on 282 380 317

Or send an Email to sales@algarvefair.com

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Royal British Club Golfing Society blessed by Mother Nature

On the 7th March 'Mother Nature' noticed some intrepid RBCGS golfers were struggling with the bad weather on the Estoril Golf Course at 7:44 am and kindly ordered the wind to blow the murky clouds away, blessing them half an hour later with glorious sunshine.

The golfers mentioned were in competition for the Hotel Baía Trophy and many other worthy prizes.

In the evening João Coruche, the Hotel Baía manager, made sure that his newly and elegantly refurbished restaurant was ready to open and welcome some 43 members and spouses.

A superb prize-giving buffet dinner was served and Teresa

Muhlenbeck was presented with the Trophy with a worthy 40 points.

Prizes were also awarded to Fernando Duarte, 2nd with 35 points, Richard Evans 3rd with 34 points and Sally Buxton 4th winning on a count back to Hans Ludolphi 5th with 33 points. Denys Stormont took 6th prize with 32 points as well as the prize for the Nearest to the Pin for

Men, while Eva Sanches won the prize for Nearest to the Pin for Ladies.

The Captain of the Society, Graciete Gibbon, won the Newstead Cup and The Captain's Prize was awarded to Ewan Rankin.

Members are now looking forward to the National Geographic Trophy Competition to be held on 4th April at the EGC.



(ltr) Graciete Gibbon, RBCGS Captain, Teresa Muhlenbeck, the winner and João Coruche, the Manager of Hotel Baía.

General Algarve news

The dominating item of golf news of recent days has been the purchase of all five Vilamoura courses by Oceânico Golf Group. After 12 years of tenure by André Jordan Group of Lusotur Golfes, S.A., during which time the Millennium and Victoria courses were built and the other three (Pinhal, Laguna and Vilamoura Old Course) upgraded, this well-established golf destination now looks forward to an even brighter future.

A 25-minute drive west along from Faro is the site where Oceânico are building their two golf courses and residential complexes, the 'Amendoeira Resort'. The two challenging 18-hole courses designed respectively by Christy O'Connor Jr. and Nick Faldo, are both due for opening in 2008.

The management of the seven Oceânico courses in the Algarve has been entrusted to Troon Golf of Scottsdale, Arizona, the same company that already manages Oceânico two courses on São Miguel island in the Azores. This acquisition was made a year ago in partnership with the Portuguese company, Siram. Oceânico are also developing the Royal Óbidos Golf Resort on the Costa de Prata (Silver Coast) about an hour's drive north of Lisbon. Oceânico will now own ten courses and have therefore become the largest owners of golf facilities in the country, and a major player in Europe.

An agreement has been signed to bring the charismatic 38-year-old Darren Clarke on board as their touring Pro.

Another change in ownership of Algarve golf courses occurred previously when some weeks ago the CS Group (owners of the 5-Star São Rafael Hotel in Albufeira), purchased the Morgado and Álamos courses near Portimão including the property development assets of the Herdade do Morgado de Reguengo from the Tivoli Hotel Group.

The 77th Portuguese Open Amateur Championships for both men and ladies were held at the Quinta de Cima and the Quinta da Ria courses near Tavira.

There were 96 contestants in the men's event and 36 in the ladies', and after two qualifying stroke-play rounds those with the leading scores played match-play for

88-player field qualified during the sponsor's 2006 circuit of tournaments by scoring nearest-the-pin shots. Cândido da Luz, a member of ADC Quinta do Lago won



André Jordan of Lusotur, with Oceânico's Chris Stilwell and Gerry Fagan

the Championships. Inigo Urquiza, a 24-year-old law graduate from San Sebastian in Spain, became the 2007 champion by defeating Frenchman Anthony Pailler 3&2 in the 36-hole final. The English golfer Holly Aitchison (who is 19), became the lady Amateur Champion after beating Nicola Roessler from Germany by the same margin. João Carlota, a 16-year-old Vilamoura junior, lost to Urquiza in the semi-final, the same stage at which Ana Melo, aged only 15, from Terceira GC in the Azores lost 1 down to the eventual winner.

Solverde Casinos staged a 'Simply the Best' fun tournament at the Quinta da Ria course. The

the Stableford event with 40 points after a count-back decision as he had tied with Vilamoura golfer Valdomero Rodrigues. There were also novelty prizes for balls closest to the hole after the 2nd strokes on some par-4's and 3rd strokes on par-5's. The new circuit comprises five tournaments starting with the 5th Espinho Casino tournament at the Oporto Course in the north on the 24th - 25th March and ends in September.

Subscribe to FREE 'Golf in Portugal' Newsletter by visiting www.algarvegolf.net or www.portugal-golf.info - both part of the Portugal-info Network.

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"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

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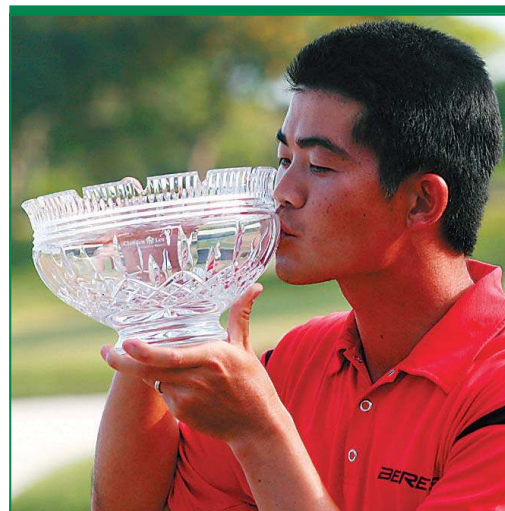


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China's Liang Wen-Chong kisses the trophy after winning the Clariden Leu Singapore Masters golf tournament in Singapore on Sunday 11th March 2007. 28-year-old Liang defeated Malaysia's Iain Steel at the first hole of a sudden-death play-off to claim the Clariden Leu Singapore Masters at the Laguna National Golf Club, becoming only the second Chinese golfer to win on The European Tour. (PHOTO: LUSA/EPA/How Hwee Young)

Do you have any Golf news?
Send it to us copy@the-news.net

The fertility factor

Charlotte Church is the latest celebrity to reveal she's pregnant. If your thoughts are turning to motherhood too, follow our plan to boost your health and fertility and improve your chances of success.

fit for fertility

overcoming infertility and preparing for pregnancy



Michael Dooley FRCOG

Fit For Fertility, by Michael Dooley, is published by Hodder Mobius, priced £7.99/€11.70. (Photos: Press Association)



problems, says. "Simple adjustments to our lives can have a major effect on our body and reproductive system."

Boost your chances of getting pregnant with guidance and tips in a pre-conception plan. It should be followed for up to four months before trying for a baby.

EASY WAYS TO BOOST FERTILITY - WOMEN

:: Improve your diet. Dr Dooley says: "Diet is the single biggest controllable factor in getting yourself fit for fertility. Enjoying a sensible and healthy diet will help to keep your hormone levels balanced and will provide your body with all the nutrients it needs."

He advises fresh organic food, which is rich in protein, and drinking two litres of fluid a day.

:: Cut out alcohol. Drinking any alcohol at all can reduce fertility by half - and the more you drink, the less likely you are to conceive.

One study showed that women who drank less than five units of alcohol a week (equal to five glasses of wine) were twice as likely to get pregnant within six months compared with those who drank more.

:: Smoking's linked with infertility in women. It can even bring on an early menopause, an important consideration for older women who may be trying to beat the clock.

:: A high caffeine intake is related to delayed conception, possibly because the stimulant affects ovulation. As well as coffee, caffeine is also in a variety of foods including colas, chocolate and black teas.

:: Taking vitamin supplements containing zinc, selenium and Vitamin C can be beneficial for both men and women. Take ad-

vice from a GP or midwife about an antenatal supplement.

EASY WAYS TO BOOST FERTILITY - MEN

:: Men should avoid long hot baths and stick to showers if they want to increase their sperm count, according to recent research.

Those used to spending half an hour or more in a bath or jacuzzi who gave up for three months were found to increase sperm production almost fivefold, according to research published in the journal of the Brazilian Society of Urology.

:: Sperm needs cool surroundings to develop best, and because of this men who want to father a child are advised not to wear tight clothing or underwear that causes too much heat to build up.

:: According to research, drinking alcohol decreases sperm

count, can increase abnormal sperm and produces a lower proportion of motile (swimming) sperm. Alcohol also inhibits the body's absorption of nutrients such as zinc - one of the most important minerals for male fertility.

:: Cut the coffee. One study showed that problems with sperm - sperm count, motility and abnormalities - increase with the number of cups of coffee consumed each day.

:: Smoking can decrease sperm count in men, making the sperm more sluggish, and it can increase the number of abnormal sperm. With men, the effects on fertility are increased with the number of cigarettes.

OTHER TOP TIPS

:: Hide the calendar. Dr Dooley says: "Sex shouldn't be just another task to timetable in for days when you may be most fertile. Have enough sex - which means two to three times a week across the week.

"Don't become overly preoccupied with trying to find the perfect time for conception, because you will risk putting pressure on your relationship."

Do try though to include love-making on the 14th day in a 28-day cycle, or in a 35-day cycle, the 21st day, when fertilisation is most likely.

:: Keep an eye on your weight - being underweight will harm your chances of conceiving just as much as being overweight. Watch what you eat but avoid strict diets that can play havoc with your hormones and alter your cycle.

:: Help reduce your stress levels either by reducing your working hours, taking up yoga classes or sport, or finding time for breaks away from home with your partner.

Gabrielle Fagan
:: Natural Solutions To Infertility, by Dr Marilyn Glenville, is published by Piatkus, priced £12.99/€19.00. Call: 0870 5329 244/www.marilynglenville.com

changes with helping them conceive, while actress Nicole Kidman, 39, who hopes to get pregnant this year, has reportedly started a new diet that avoids sugars and alcohol.

Dr Glenville urges getting fit pre-pregnancy: "We plan for a holiday, train for a career, and yet expect to get pregnant just like that without any effort. I think instead it would be wonderful if every couple who decided to have a baby took three months to get themselves in good health."

"That is the time it takes a woman to mature eggs ready for ovulation and for a man to produce a new batch of sperm. By improving their overall health they could also help their baby avoid any health problems such as low birth weight."

Another expert, gynaecologist and obstetrician Dr Michael Dooley, also believes that fertility awareness, nutrition, emotional stability and lifestyle are key factors in boosting fertility and maintaining a healthy pregnancy. "A poor quality lifestyle can hamper our ability to produce healthy eggs and sperm," Dooley, author of Fit For Fertility, a guide to preparing for pregnancy and overcoming fertility

also help ensure your baby is born healthier.

Nutritionist and fertility expert Dr Marilyn Glenville says: "There's so much people can do to improve their chances of getting pregnant. Small nutritional and lifestyle changes can make a huge difference to fertility and, assuming there are no other medical problems, can result in someone getting pregnant within six months."

This view is endorsed by a recent study at the University of Surrey showing that couples with a history of infertility who made changes to their lifestyle had an 80% success rate.

Both Sophie Wessex and actress Kate Winslet credit dietary

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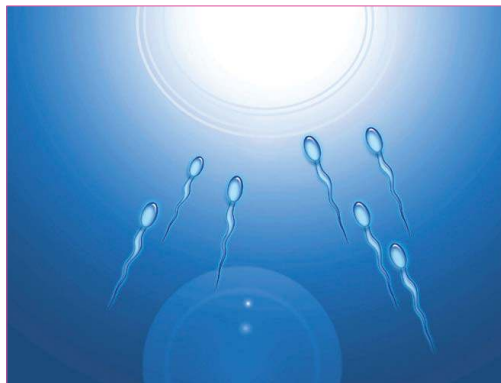
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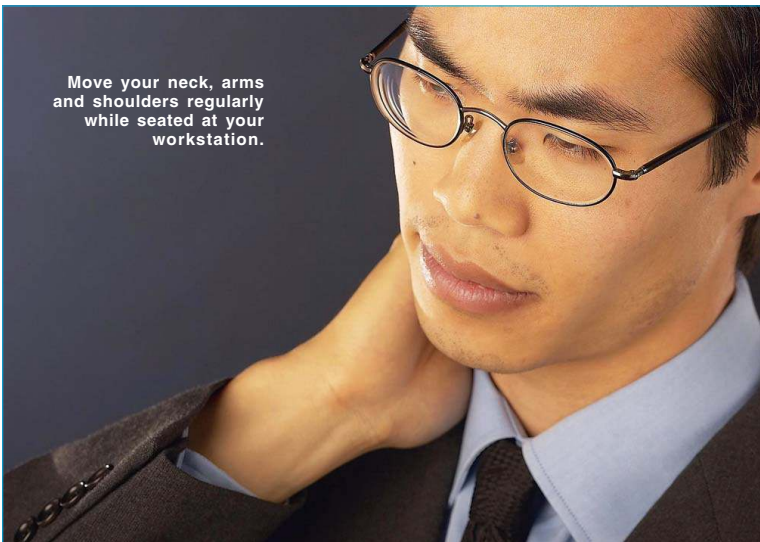
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When work is literally a pain

New research shows repetitive strain injury costs employers £300 million a year. With a record high 86,000 cases reported in 2006, our experts explain how to prevent RSI and what to do if it strikes.

Move your neck, arms and shoulders regularly while seated at your workstation.



and other tradesmen who might not think they're susceptible.

"Whatever you physically do, it can have an impact. We all take our body for granted, and we're trying to wake people to think about caring for themselves.

"We have to raise awareness. Employees should have an assessment of their work environment, whether that's their desk or an area of a factory or wherever.

"If someone was working on a production line, for example, perhaps they could job share with someone and do something different for an hour or two at a time to relieve the stress on particular muscles. We need flexible practice within the workplace."

HOW TO PROTECT YOURSELF

MANUAL WORKERS

There are various things you can do to avoid being a victim of RSI. If you're a manual worker, follow these specially designed top tips to keep your muscles healthy.

:: Try to avoid prolonged or repetitive tasks. If you work on a production line, try working from different workstations in half-hour periods to allow you to use different muscles.

:: Use both hands to complete tasks. For example, pick one item with your left hand then one with your right.

:: Take many short breaks rather than one long one and use the time to stretch your arms and legs.

:: Make sure your clothes fit well so you can move freely.

:: Keep warm. Cold muscles don't extend properly.

:: Don't over stretch to perform a task - move closer.

:: Report pain or other symptoms straight away - RSI is easier to treat in its early stages.

:: Check machinery regularly.

If equipment works properly, it prevents you putting excess strain on your muscles or improvising technique.

OFFICE WORKERS

While many of the tips for manual workers still apply for office dwellers - such as taking regular breaks and reporting related pain immediately - there are many more that apply for people working behind a desk.

:: Move your neck, arms and shoulders regularly while seated at your workstation.

:: Sit facing straight ahead with your feet flat on the floor or on a sturdy footrest and your legs uncrossed.

:: Make sure your eyes are level with the top of your VDU screen.

:: Adjust the backrest of your chair so you can lean back against it comfortably and make sure your lower back is supported.

:: Don't wedge your phone between your shoulder and your ear. Use a lightweight headset if necessary.

:: Place your mouse within

After a few hours of continuous work, we all think about downing tools and having a break. While you might normally get in trouble with your boss for stopping work, going for a walk around the office or having a cup of tea might actually save your company a fortune.

New research carried out by the Chartered Society of Physiotherapists (CSP) shows repetitive strain injury (RSI) is costing employers almost £300 million a year in sick days, with a record 86,000 cases reported last year.

Following the alarming results of the survey, employers are be-

ing urged to do more to combat RSI - a preventable injury caused by overuse of the muscles when they aren't given sufficient chance to fully recover.

"I think a lot of people don't realise they might have RSI or that they are at risk of developing it," says Sarah Bazin, chair of the CSP council.

There is also a common misconception that only typists and office workers are likely to get RSI, but as the statistics show, IT workers and journalists feature below tradesmen and factory/manual workers.

"Anyone who has to pick something up and carry it can get RSI," Sarah adds. "That includes builders, carpenters, plumbers,



Don't wedge your phone between your shoulder and your ear.



Mind that back! (Photos: Press Association)

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easy reach and support your forearms on the desk. Keep your wrists in a relaxed, neutral position. Drive the mouse from your shoulder, not your wrist.

HEALTH AND SAFETY

Dr Alex Mehta, director of specialist health and safety consultancy Judicium Consulting, says RSI is one of the biggest problems facing employers today.

"It's a huge issue, and one that's come to light relatively recently. We lead more stressful lives now, so more people can potentially be affected by RSI. With regard to office workers, there are more and more people now sitting at a computer for eight hours a day, which is a very unnatural environment for humans to be in. We simply weren't meant to look at monitors all day long."

Mehta also believes that while it may be difficult for employers to bring in RSI-beating tactics at first, there is money to be saved for those who do.

"Properly implemented health and safety definitely saves money in the long-term. Employ-

ees are prevented from getting injured and missing work, it reduces the cost or totally eradicates the cost of any compensation that the company might have to pay out as a result of RSI, and, when offices are set up well, employees can actually work more efficiently."

Royal Mail introduced a programme to beat RSI last year and now estimates savings in excess of £1 million - costs they would otherwise have incurred through absence and staff forced onto restricted duties.

Dr Su Wang, group head of health for Royal Mail, says the programme helped the company retain experienced staff and fostered good working relationships.

COULD YOU HAVE RSI?

Many workers may have RSI and not know it - are you one of them? Dr Lisa Silver, a GP in Henley-on-Thames, says the injury is characterised quite simply. "You can have tingling or numbness in the affected nerves and muscles. It can feel like pins and needles," Silver says. "If it

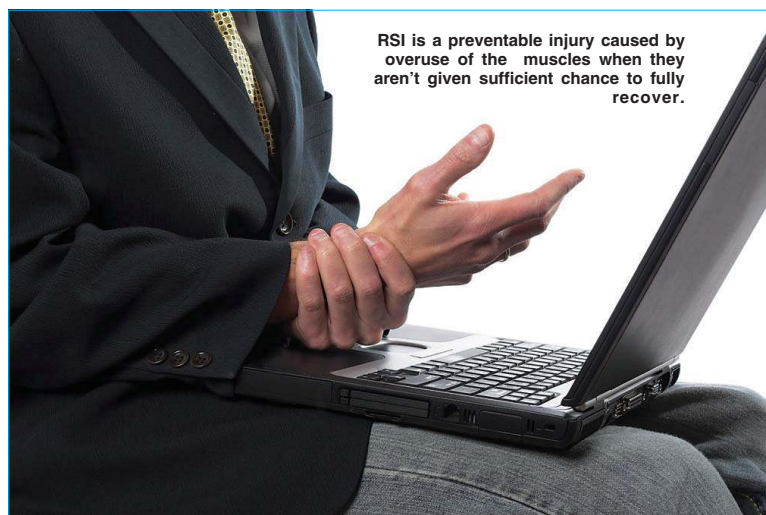
was your hand that was affected, you might want to shake it to get rid of the sensation.

"If you notice these symptoms, it is worth going to see your GP. They might prescribe a two-week long course of an anti-inflammatory like ibuprofen. However, if you don't change anything about the way you work, it will just come back, and that's the most important thing."

:: For more information about RSI and how to beat it, visit the Chartered Society of Physiotherapists at www.csp.org.uk

Andy Welch

RSI is a preventable injury caused by overuse of the muscles when they aren't given sufficient chance to fully recover.



Check machinery regularly. If equipment works properly, it prevents workers from putting excess strain on their muscles or using improvising techniques.

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BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Bill's Food. (T) (S) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Six Nations 2007. (T)

7.30 Eurovision: Making Your Mind Up. Fearnie Cotton joins Terry Wogan to introduce the six acts competing to represent the UK in the Eurovision Song Contest, which takes place in Helsinki on May 12. The hopefuls include R'n'B four-piece Big Brovaz, former East 17 star Brian Harvey and ex-Darkness frontman Justin Hawkins in a duet with diva Beverlie Brown. Also in the running are ex-Artisan singer Liz McClarnon, newly re-formed pop quartet Scooch and Cyndi, a newcomer to the UK music scene. Viewers can vote for their favourite by phone, text or on the internet. The results show can be seen at 9.30. (T)

8.30 The National Lottery: Saturday Draws. The Lotto, Dream Number and Thunderball draws. (T)

8.40 Casualty. Part one of two. Greg continues trying to get back with Cyd, but she remains unimpressed. Nadia gets tickets to a concert and is intent on taking Abs, while Jeff is left looking foolish. (T)

9.30 Eurovision: Making Your Mind Up - The Results Show. Fearnie Cotton and Terry Wogan return to announce which of the acts will be representing the UK at this year's Eurovision Song Contest. (T)

10.00 BBC News; Regional News; Weather; (T) National Lottery Update.

10.25 Match of the Day. Gary Lineker presents highlights of today's Premiership clashes, including Chelsea v Sheffield United and Manchester United v Bolton Wanderers. The Trotters were thrashed 4-0 the last time they faced the Red Devils and that was on home turf, making an upset at Old Trafford today unlikely. Plus, all the goals from the rest of the day's games, as Blackburn Rovers faced West Ham United, Reading entertained Portsmouth and Watford travelled to Tottenham Hotspur. (T) Cricket World Cup. Bangladesh v India and Ireland v Pakistan. Manish Bhasin reviews today's respective Group B and Group D matches at Queen's Park Oval in Trinidad and Sabina Park in Jamaica. This is the first game of the competition for the Indians and Bangladeshis, and Rahul Dravid's men - beaten finalists in 2003 - have a big test on their hands against the Tigers, who continue to improve in the one-day arena. Ireland are making their debut in this event and are unlikely to progress any further than the first group stage, but with the nerves of their opening encounter with Zimbabwe now behind them, they can relax and attempt to give Inzamam-ul-Haq's men a competitive game. (T)

12.45 FILM: Nirvana (1996). Sci-fi thriller, starring Christopher Lambert. (T) Weatherview. 2.20 BBC News 24. 5.00 Cricket World Cup. (T) (T)



BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Tweenies; (R) (T) CBeebies Birthdays. (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 CBBC: Roar. (R) (T) 7.55 Arthur. (R) (T) 8.10 Lizzie McGuire. (R) (T) 8.30 The Story of Tracy Beaker. (R) (T) 9.00 Hider in the House. (T) 10.00 The Story of Tracy Beaker. (R) (T) 10.30 Time Warp Trio. (R) (T) 10.50 The Secret Show. (T) 11.00 Krypto the Superdog; (R) (T) Bernard. (T) 11.30 The Fairly OddParents. (R) (T) 11.45 Sportsround. (T) 12.00 See Hear. (T) 12.30 The Flying Gardener. (R) (T) 12.45 Film 2007 with Jonathan Ross. (R) (T) 1.15 Jane Austen. (T) 1.45 Monk. (T) 2.30 FILM: The Majestic (2001). Emotional drama, starring Jim Carrey. (T) 4.55 Final Score. (T) 5.20 Meerkat Manor. (R) (T) 5.45 Meerkat Manor. (R) (T) 6.10 TOP2. (T) 6.45 Natural World. (R) (T) 7.35 FILM: Emma (1996). A privileged but naive woman sets about match-making for her friends - little realising she's falling in love herself. Blockbusting Jane Austen adaptation, starring Gwyneth Paltrow. (T) 9.30 Wagner's Ring: Gotterdammerung. Michael Portillo introduces the fourth part of Wagner's epic ring cycle, which brings the opera to a dramatic and fiery conclusion. Valhalla is destroyed, along with all the gods, while the ring and all the gold are restored to the Rhine maidens. John Treleaven and John Tomlinson star, while Antonio Pappano conducts the Orchestra of the Royal Opera House. (T) 2.30 FILM: Terror (1979). Horror, starring John Nolan. (T) 3.55 Close.

Pick of the Day

Eurovision: Making Your Mind Up (BBC1, 7.30pm)

Whether you're prepared to admit to watching the Eurovision Song Contest or not, you know it's compulsive viewing. Every year we crowd around our TVs to see performers representing the competing nations battle it out for the prestigious title in a glitzy show which is often unintentionally hilarious. This year's - which takes place in Helsinki in May - marks the event's 52nd anniversary. But who will be trying to impress the 'Euro' judges on behalf of the United Kingdom? By the end of the evening, we'll know as Fearnie Cotton joins seasoned regular Terry Wogan to introduce the artists hoping to jet off to Finland. There are always a few surprises in A Song for Europe - such as the extraordinary 2005 entry by glamour model Katie Price, aka Jordan - and this edition is no exception as it boasts an eclectic mix of performers, including Big Brovaz, Cyndi, Brian Harvey, former Darkness frontman Justin Hawkins and Beverlie Brown (aka Hawkins and Brown), Liz McClarnon and newly reformed Scooch. The winner will be revealed in a special results show later in the evening.

C4

6.15 The Hoobs. (R) (T) 6.40 The Hoobs. (R) (T) 7.05 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: Friends. (R) 9.25 T4: Musicoor. (R) (T) 10.25 T4: Popworld. (T) 11.15 T4: Friends. (R) 11.45 T4: Mika: Video Exclusive. 11.50 T4: Friends. (R) (T) 12.25 T4: Shipwrecked 2007: The Hutcram Diaries. (R) (T) 12.55 T4: Shipwrecked 2007: Battle of the Islands. (R) (T) 2.00 Channel 4 Racing from Uttoxeter, Wetherby, Newcastle and Lingfield Park. Including the 3.10 John Smith's Midlands Grand National Chase (H'cap) (4m 1 1/2f). (T) 4.10 Let the Music Play: The Story of Barry White. (R) 5.10 Deal or No Deal Classic. (R) (T) 6.00 Monarchy by David Starkey. (R) (T) 7.00 Channel 4 News. (T) 7.30 Born Survivor: Bear Grylls. Surviving in the swamps of the Everglades, Florida. (T) 8.30 Bremner, Bird & Fortune. Musical edition of the satirical show, starring Rory Bremner, John Bird and John Fortune. George W Bush engages in a song-and-dance routine with an Iraqi border patrol unit. (T) 9.30 FILM: Patriot Games (1991). A former CIA agent foils a terrorist attack on a member of the royal family while holidaying in Britain - only to become a target himself. Thriller, starring Harrison Ford. (T) 11.40 FILM: Donnie Brasco (1997). Gangster drama, starring Al Pacino. (T) 2.00 Mika: Video Exclusive. (R) 2.05 FILM: Harry, He's Here to Help (2000). French drama, starring Laurent Lucas. 4.10 God Is Green. (R) (T) 5.10 Scrappy Races Rally. (R) (T)

FIVE

6.00 Sunrise. 6.55 Milkshake! Franklin. (R) (T) 7.25 Miss Spider's Sunny Patch Friends. (R) (T) 7.35 Peppa Pig. (R) (T) 7.45 Sailor Sid. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.00 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.30 Rupert Bear. (R) (T) 8.45 Rupert Bear. (R) (T) 9.00 Shake! Jane and the Dragon. (R) (T) 9.30 Don't Blame the Koalas. (R) (T) 10.00 No Girls Allowed. (R) (T) 11.00 Xcalibur. (R) (T) 11.30 Aliens Among Us. (R) (T) 11.45 The Gadget Show. (R) (T) 12.40 FILM: Ride Clear of Diablo (1954). Revenge Western, starring Audie Murphy. (T) 2.15 FILM: Baby Bedlam (2000). Family comedy, starring Julie Hagerty. (T) 3.55 FILM: Flash (1997). Heart-warming drama, starring Lucas Black. (T) 5.45 FILM: Don Quixote (2000). Adventure, starring John Lithgow. (T) 8.25 five news and sport. (T) 8.40 NCIS. An investigation into the rape and murder of a woman revives harrowing memories for Ducky, who once worked on a similar case where the killer was never captured but vowed to return. (R) (T) 9.30 CSI: NY. Mac, Hawkes and Lindsay investigate the death of a woman found on a subway train and discover that, despite her hands and face being covered in blood, she has no obvious injuries. Meanwhile, Danny and Stella visit the home of a playboy bachelor who drowned in his swimming pool - and are surprised to learn he has a wedding-cake decoration lodged in his lung. Forensic drama, starring Gary Sinise. (T) 10.30 Law & Order. (T) 11.30 Grey's Anatomy. (R) (T) 12.30 Grey's Anatomy. (R) (T) 1.30 Quiz Call. 5.35 Wildlife SOS. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. (R) (T) 9.35 Bel's Boys. (R) (T) 9.50 Tricky Trickies. (R) (T) 9.55 Art Attack. (T) 10.20 Drake & Josh. (R) (T) 10.50 Coastal Kitchen. (T) 11.20 Saturday Cooks! Live. (T) 12.50 ITV News and Weather. (T) 12.55 London Today; Weather. (T) 1.00 American Idol. (T) 3.00 American Idol. (T) 3.30 F1: Australian Grand Prix Qualifying. (R) (T)

5.00 London Tonight; Weather. (T) 5.15 ITV News and Sport; Weather. (T) 5.30 All New You've Been Framed! Harry Hill narrates another batch of camcorder calamities, including an old lady falling asleep in her dinner and a bus driving off with a passenger trapped in the door. (T)

6.00 Harry Hill's TV Burp. The comic presents a quirky review of recent programmes, casting his eye over TV favourites including Lemur Island, Wags' Boutique and Lewis. (T)

6.30 Dancing on Ice: The Final. The three remaining stars vie to be crowned the winner. Last in series. (T)

7.50 Primeval. Helen returns and claims a predator from the future is behind a spate of disappearances, prompting her estranged husband to join her on a desperate race through time to prevent further attacks. Claudia is sceptical about the scheme - and it seems her concerns are well-founded when a showdown between creatures from the past and the future ensues. Last in series. (T)

8.50 Dancing on Ice: The Final Skate Off. The two highest-scoring couples perform Torville and Dean's famous Bolero routine in a last-minute bid to attract viewers' support, before the final votes are counted and Holly Willoughby and Phillip Schofield announce the winners. (T)

9.40 The Dame Edna Treatment. The self-proclaimed megastar marks her 50th year in showbiz by returning with a new chat show series. She opens the doors of her exclusive health spa to celebrities and soothes their woes in her own inimitable style, assisted by daughter Valmai. Sir Les Patterson also appears, dispensing his unique brand of lifestyle advice. (T)

10.40 ITV News and Weather; Weather. (T) 10.55 FILM: Stakeout (1987). Comedy drama, starring Emilio Estevez. (T)

1.00 Make Your Play; ITV News Headlines. 1.25 Don't Move. Improve. (R) (T) 2.00 F1: Australian Grand Prix Live. The opening race of the new season in Melbourne (Start time 3.00am). (T) 5.05 ITV Nightscreen.

LOCAL

RTP1

0700 Brinca Comigo 0900 Ecoman 1000 O Último Leopardo 1100 Descobrir Portugal 1200 A Minha Sogra é um Bruxa 1230 Destinos. PT 1300 News 1415 Top+ 1545 Film TBA 1715 Police Academy 6: City Under Siege, film 2100 A Voz do Cidadão 2115 Dança Comigo 0230 Dolls, film

RTP2

0645 Weather 0700 Euronews 0730 Africa 7 Days 0800 News 0900 University 1200 Vida po Vida 1230 Câmara Clara 1330 Bombordo 1400 Parlamento 1500 Sport 1900 Couto & Coutadas 1930 Geração Cientista 2000 Hi Hi Puffy Ami Yumi 2030 Kulito 2100 Vidas 2150 Loto Draw 2200 News 2300 Spring, Summer, Fall, Winter and Spring, film 0030 The Big Sleep, film

SIC

0700 Children TV 0900 Disney Kids 1100 Uma Aventura 1200 Our World 1300 News 1400 Extase 1500 Ghost Whisperer 1700 Film TBA 2000 News 2145 Floribella 2030 Cobras & Lagartos 0015 Patriot, film

TVI

0700 Children TV 1000 O Banho Dos Quatro 1130 DeLuxe 1300 News 1400 Film TBA 1600 Film TBA 1800 Film TBA 2000 News 0015 The Sin Eater, film 0300 Mediu, series 0400 Que Louca de Família 0430 As Feiticeiras

Best of the Rest

BBC3

7.00 Kick Ass in a Crisis 7.30 Top Gear 8.30 The Real Hustle 9.00 Little Britain 9.30 Film: Fight Club 18 (1999) 11.45 Two Pints of Lager and a Packet of Crisps 12.15 Two Pints of Lager and a Packet of Crisps 12.40 Be More Ethnic 1.10 The Real Hustle 1.40 Kick Ass in a Crisis 2.10 Two Pints of Lager and a Packet of Crisps 2.40 Two Pints of Lager and a Packet of Crisps 3.10 Be More Ethnic 3.40 Close

BBC4

7.00 Celtic Connections 8.00 1997: The Year in Chat 9.00 1997: A Year on TV 10.00 Film: Aitra 15 (2004) 11.30 The Great Hunger: The Life and Songs of Shane MacGowan 12.30 Folk Hibernia 2.00 Celtic Connections 3.00 1997: The Year in Chat 4.20 Close

ITV2

2.35 Holiday Showdown 3.35 Australian Princess 4.35 ITV at the Movies 5.05 Smallville 6.05 Smallville 7.05 Australian Princess 8.05 Dancing on Ice: Defrosted: The Final 8.50 Harry Hill's TV Burp 9.25 The Planet's Funniest Animals 9.55 Dancing on Ice: Defrosted Results - The Final 10.00 Make Your Play: ITV Play 3.40 Emmerdale 6.00 Close

Sky One

1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Stargate SG-1 4.00 Futurama 4.30

Futurama 5.00 Futurama 5.30

Futurama 6.00 Futurama 6.30 Futurama 7.00 Futurama 7.30 Futurama 8.00 Project Catwalk 9.00 Bones 10.00 24 11.00 Nip/Tuck 12.00 Sport Uncovered 1.00 Street Wars 1.55 Uncut! 2.50 Marc Salem: Out of His Mind 3.40 Footballers' Pads 3.55 Star Trek: The Next Generation 4.45 Star Trek: The Next Generation 5.35 Zoids

UKTV Gold

1.20 Film: Columbo: The Most Crucial Game PG (1972) 3.00 dinnerladies 3.40 Only Fools and Horses 4.20 My Family 5.00 Last of the Summer Wine 5.40 Keeping Up Appearances 6.20 Keeping Up Appearances 7.00 Only Fools and Horses 7.40 Only Fools and Horses 8.20 The Vicar of Dibley 9.00 Jonathan Creek 10.10 Jonathan Creek 11.20 Gimme Gimme Gimme 12.00 The Office 12.40 Gimme Gimme Gimme 1.15 Friday Night with Jonathan Ross 2.15 Holby City 3.15 Gimme Gimme Gimme 3.45 To the Manor Born 4.15 Holby City 5.15 Baywatch

TCM

3.00 Mogambo PG (1953) 5.10 The Maltese Falcon PG (1941) 7.00 Directed by John Ford 9.00 How the West Was Won PG (1963) 11.45 Children of the Damned 1.5 (1964) 1.25 The Subterraneans 15 (1960) 3.00 Teleshopping

The Disney Channel

Kids' programmes from 7am, except: 4.00 Film: Read it and Weep (2006) Family comedy, starring Kay Panabaker.

MOVIES

Sky Movies 1

6.35 The Secret of NIMH U (1982) 8.00 The Clinic PG (2004) 9.35 Gold Diggers: The Secret of Bear Mountain PG (1995) 11.10 Dreamer: Inspired by a True Story U (2005) Heartwarming drama, starring Kurt Russell. 1.00 The Secret of NIMH U (1982) Animated tale voiced by Derek Jacobi. 2.25 The Clinic PG (2004) Medical drama, starring Jonathan Scarfe. 4.00 Gold Diggers: The Secret of Bear Mountain PG (1995) Adventure, starring Christina Ricci. 5.40 Dreamer: Inspired by a True Story U (2005) Heartwarming drama, starring Kurt Russell. 7.30 Sky Movies News 8.00 Two for the Money 15 (2005) Premiere. Drama, starring Al Pacino. 10.10 Sin City 18 (2005) Stylish comic-book thriller, starring Mickey Rourke. 12.40 Two for the Money 15 (2005) Premiere. Drama, starring Al Pacino. 2.30 Swimming Upstream 12 (2004) Sports biopic, with Geoffrey Rush. 4.20 The Secret of NIMH U (1982)

Sky Movies 2

6.30 Under Wraps U (1997) 8.05 Jungle 2 Jungle PG (1997) 10.05 The Prince and Me PG (2004) 12.05 Charlie and the Chocolate Factory PG (2005) Children's fantasy, starring Johnny Depp. 2.05 Fantastic Four PG (2005) Comic-book adventure, starring Ioan Gruffudd. 4.00 The Prince and Me PG (2004) Romantic

comedy, starring Julia Stiles. 6.00 Jungle 2 Jungle PG (1997)

Comedy, starring Tim Allen. 8.00 Fantastic Four PG (2005) Comic-book adventure, starring Ioan Gruffudd. 10.00 Charlie and the Chocolate Factory PG (2005) Children's fantasy, starring Johnny Depp. 11.55 Clueless 12 (1995) Comedy, starring Alicia Silverstone. 1.35 Excess Baggage 12 (1997) Comedy, starring Alicia Silverstone. 3.20 Passion of Mind 12 (2000) 5.10 Under Wraps U (1997)

Sky Cinema 1

6.00 The Butcher Boy U (1917) 6.30 Island in the Sky U (1953) 8.25 Guadalcanal Diary PG (1943) 10.05 The Haunted House U (1921) 10.35 Heaven Can Wait U (1943) 12.30 The Ipcress File 15 (1965) Espionage thriller. Michael Caine stars. 2.30 Guadalcanal Diary PG (1943) World War Two drama, starring Preston Foster. 4.10 Heaven Can Wait U (1943) Fantasy comedy, starring Don Ameche. 6.05 The Ipcress File 15 (1965) Espionage thriller. Michael Caine stars. 8.00 The Color of Money 15 (1986) Oscar-winning drama, starring Paul Newman and Tom Cruise. 10.00 Rosemary's Baby 18 (1968) Supernatural thriller, starring Mia Farrow. 12.20 The Tenant 18 (1976) Psychological thriller, starring Roman Polanski. 2.30 The Color of Money 15 (1986) Oscar-winning drama, starring Paul Newman and Tom Cruise. 4.30 Island in the Sky U (1953)

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Premier League Preview 7.00 Soccer AM's All Sports Show 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 5.45 Live Super League. Hull FC v St Helens (Kick-off 6.00pm). 7.55 Champions League Weekly 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Football First 4.15 Spanish Football 5.45 Sky Sports Classics

Sky Sports 2

6.00 Live European Tour Golf. The TCL Classic. 9.00 World Sport 9.30 Spirit of Yachting 10.00 Max Power 11.00 World Cup Cricket 12.00 World Cup Cricket. India v Bangladesh. 11.00 Super League 12.30 Wild Spirits 1.00 Live Big Fight Special. Marco Antonio Barrera v Juan Manuel Marquez. 4.00 Max Power 5.00 High Altitude 5.30 Wild Spirits

Sky Sports 3

6.00 Wild Spirits 6.30 Spirit of Yachting 7.00 World Cup Cricket 8.00 World Cup Cricket 9.00 Racing News 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 Friday Night Night 3.00 Sports Unlimited 4.00 Max Power 5.00 WWE: Smackdown 7.00 Live Spanish Football. Recreativo Huelva v Barcelona (Kick-off 7.00pm). 9.00 NBA Basketball 11.00 Extreme Championship

Wrestling 12.00 WWE: Late Night - Smackdown 2.00 Rugby Union 4.00 Rugby Union

British Eurosport

7.30 Top 24 Clubs 8.00 Live Alpine Skiing. The World Cup meeting in Lenzerheide. 9.00 Live Biathlon. World Cup coverage from Khanty-Mansiysk, Russia. 9.45 Live Cross-Country Skiing. The World Cup meeting in Oslo. 11.00 Alpine Skiing 11.30 Live Alpine Skiing. The World Cup meeting in Lenzerheide. 12.15 Live Cycling. Stage six of the Paris-Nice race. 2.15 Biathlon 2.30 Biathlon 3.15 Live Nordic Combined Skiing. The World Cup meeting from Oslo. 4.00 Live Ski Jumping. The World Cup meeting from Oslo, Norway. 5.00 Eurosport Buzz 5.30 WTA Tennis 6.30 Cycling 7.30 Live Show Jumping. The Global Champions Tour from West Palm Beach, Florida. 9.00 Live WTA Tennis. The Pacific Life Open final. 11.00 Fight Club 12.00 Kickboxing 1.00 Close

Sky Sports Xtra

6.00 World Sport 6.30 Live Rugby Union. Crusaders v Bulls (Kick-off 6.35am). 8.30 Live Rugby Union. Waratahs v Stormers (Kick-off 8.40am). 10.30 World Sport 11.00 Sports Unlimited 12.00 European Tour Golf 3.00 NBA Basketball 5.00 ATP Tennis 5.30 Tennis 7.30 Golf Night 10.00 Tennis 11.30 Live Tennis. The Pacific Life Open semi-finals. 1.30 Spanish Football 3.00 Golf Night 5.30 World Sport

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BBC1

6.00 Breakfast. (T) 7.35 Match of the Day. (R) (T) 9.00 Sunday AM. (T) BBC News. (T) 10.00 Heaven & Earth with Gloria Hunniford. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 Cash in the Attic. (R) (T) 2.00 'Allo 'Allo! (R) (T) 2.25 Keeping Up Appearances. (R) (T) 2.55 EastEnders. (T) 4.25 Lifestyle. (T) 4.35 When Love Comes to Town. (T)

5.05 Songs of Praise. Aled Jones presents a gala from the Royal Northern College of Music. (T) 5.45 BBC News: Regional News; Weather. (T) 6.10 Antiques Roadshow. The team travel to Wakehurst Place in West Sussex where they evaluate a decorative cast-iron finial from Tower Bridge, and a collection of 13th century church carvings. (T)

7.00 Rough Diamond. The stakes at the Curragh race are high for Aidan, who needs a win to save Moira's business. When his jockey is injured, he is forced to rely on rival Carrick's daughter. Last in series. (T)

8.00 Casually. Part two of two. Nathan meets a mysterious stranger named Stitch when a croupier is attacked, and soon comes to respect his medical abilities. However, Selena and Guppy are less impressed by the newcomer when he pressures them into following his diagnosis of the patient. Ben Price, Peter O'Brien and Elizabeth Carling star. (T)

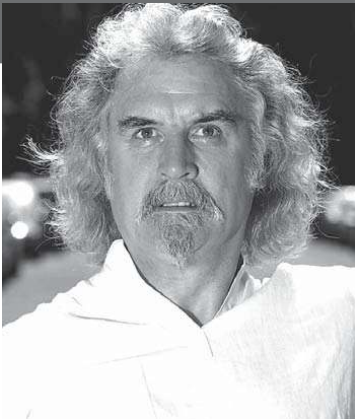
8.50 Comic Relief. A chance to relive some of the highlights from this year's Comic Relief. (T) Castaway. Danny Wallace discovers how the contestants are faring as he presents a weekly round-up of events. He reveals how the contestants have settled into life in their new surroundings, and how they are getting along with their fellow castaways. (T)

10.00 BBC News: Weather. (T) 10.20 Extras. Hollywood actor Orlando Bloom guest stars in Ricky Gervais and Stephen Merchant's comedy. Background artist Andy Millman finally gets his big break and prepares to make his own sitcom for the BBC, but soon learns the Corporation has very different ideas. (R) (T)

10.50 3lbs. The team treat a soldier whose arm has been paralysed following a stroke caused by a shrapnel wound he suffered in Iraq. Meanwhile, a woman is diagnosed with a rare condition caused by her tumour that means she finds the most unlikely things funny. Stanley Tucci stars. (T)

11.30 Cricket World Cup. England v Canada and Australia v Holland. Highlights of the Group C and A matches from the Beausejour Stadium in St Lucia and Warner Park in St Kitts respectively. (T)

12.30 FILM: Dead Heat (2001). Thriller, starring Kiefer Sutherland; (T) Weatherwith. 2.10 Sign Zone: Antiques Roadshow: The Next Generation. (R) (T) 3.00 Sign Zone: Bill's Food. (R) (T) 3.25 Sign Zone: Gene Detectives. (R) (T) 4.10 BBC News 24. (T) 5.00 Cricket World Cup. (R) (T)



BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Tweenies; (R) (T) CBeebies Birthdays. (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 CBBC: Batfink. (R) (T) 7.10 The Batman. (R) (T) 7.30 Smile. (T) 10.00 Something for the Weekend. (T) 11.30 A Taste of My Life. (R) (T) 12.00 Animal Park. (R) (T) 1.00 FILM: Rodgers and Hammerstein's Cinderella (1997). Fairytale musical, starring Whitney Houston. (T) 2.25 FILM: The Thirty-Nine Steps (1978). Glossy thriller, starring Robert Powell. (T) 4.05 FILM: The Enemy Below (1957). World War Two thriller, starring Robert Mitchum. (T) (bw) 5.40 MasterChef Goes Large. (R) (T) 6.40 Diving with Whales. (R) (T) 7.10 Meerkat Manor. A new family enter Whiskers territory. (T) 7.35 Meerkat Manor. Flower decides it's time to move the Whiskers burrow, and her bad temper puts Kinjajou, Daisy and Mozart on alert. (T) 8.00 Jeremy Clarkson: Greatest Raid of All Time. The commando raid on St Nazaire in World War Two. (T) 9.00 The Trap: What Happened to Our Dreams of Freedom. Applying ideas of market freedom to all other areas of society. (T) 10.00 Kombi Opera Presents. Hugh Dennis stars as a spoof Panorama correspondent. (T) 10.30 Match of the Day 2. (T) 11.30 Graham Norton Union. (T) 12.15 Rugby Union. (T) 12.40 Dragons' Den. (R) (T) 1.40 Family Guy. Peter's dad tries to impose his Catholic beliefs on the family. (T) 2.05 Family Guy. (T) 2.25 FILM: Persecution (1974). Psychological thriller, starring Lana Turner. (T) 4.00 Close.

Pick of the Day

The 100 Greatest Stand Ups (C4, 8pm)

Although some viewers' hearts may sink at the prospect of yet another list show, this one promises to be much more entertaining than the usual countdowns, if only because it contains a wealth of classic clips of some of the funniest people on the planet. Over the past few weeks, the British public have been busily voting for their favourite stand-up, and this four-hour extravaganza brings us the results. Although it's too early to say who will have taken the top spot, one thing we do know is that when it comes to live comedy, the Brits have wide-ranging tastes. Ground-breaking US performers Lenny Bruce and Richard Pryor are featured alongside current favourites like Chris Rock and Ed Byrne. We're also promised a bit of controversy in the form of Bernard Manning and Jim Davidson, proving some comedians can still pack in an audience even if they're out of favour with the critics. Woody Allen, Ross Noble, Billy Connolly and Eddie Izzard also appear, while Jo Brand, Victoria Wood and Joan Rivers are on hand to prove women are perfectly capable of surviving the cut-throat comedy circuit.

C4

6.10 The Hoobs. (R) (T) 6.35 Transworld Sport. (T) 7.30 Five Oceans. 8.00 World Cup Skiing. 8.55 T4: Popworld. (R) (T) 9.45 T4: Hollyoaks. (T) 12.15 T4: Shipwrecked 2007: The Hutcam Diaries. (T) 12.45 T4: Musicool. Jermaine Jackson visits the youngsters in boot camp. (T) 1.50 T4: Beauty & the Geek. (T) 2.55 T4: Beauty & the Geek. (T) 3.55 T4: The OC. Seth asks for permission to marry Summer. (T) 4.55 Deal or No Deal. (T) 5.45 Time Team. The alleged home of the infamous Cheyne family. (T) 6.40 Shipwrecked 2007: Battle of the Islands. (T) 7.40 Channel 4 News. (T) 8.00 The 100 Greatest Stand Ups. Countdown of the British public's 100 favourite men and women of comedy to have ever graced the stage. Old favourites such as Richard Pryor and Lenny Bruce stand alongside more recent funnymen Chris Rock and Ed Byrne, as well as controversial acts in the form of Bernard Manning and Jim Davidson. Other nominees include Billy Connolly, Lee Evans, Eddie Izzard, Bill Hicks, Jimmy Carr, Ross Noble, Joan Rivers, Victoria Wood, Jo Brand, Woody Allen and Alexei Sayle. (T) 12.00 4Music: Live from Abbey Road. With the Zutons, Shawn Colvin and Nerina Pallot. (R) (T) 1.05 The NME Awards 2007. (R) (T) 2.40 FILM: Holy Matrimony (1994). Crime drama, starring Patricia Arquette. (T) 4.15 Wild Things. (R) 5.00 Scrappy Races Rally. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Old Bear Stories. (R) (T) 6.35 Sailor Sid. (R) (T) 6.45 Bird Bath. (R) (T) 6.55 Franklin. (R) (T) 7.20 Miss Spider's Sunny Patch Friends. (R) (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.30 Rupert Bear. (R) (T) 8.45 Rupert Bear. (R) (T) 9.00 Shakes: Jane and the Dragon. (R) (T) 9.30 Michaela's Wild Challenge. (R) (T) 10.00 Round the Twist. (R) (T) 10.30 A Different Life. (R) (T) 11.00 Billie, Girl of the Future. (R) (T) 11.30 RAD: The Grooms Tour the Baltics. (T) 12.05 Rooted. (R) (T) 12.40 Revelations. 1.05 Built for the Kill. (R) (T) 1.35 FILM: The Devil's Brigade (1968). Action adventure, starring William Holden. (T) 4.05 FILM: Ghost Dad (1990). Comedy fantasy, starring Bill Cosby. (T) 5.35 five news and sport. (T) 5.45 FILM: Bicentennial Man (1999). Fantasy drama, starring Robin Williams. (T) 8.00 Grey's Anatomy. Meredith is stunned when a former lover is admitted with an embarrassing problem. A pregnant woman is overwhelmed by her medical complications, while Izzie grows frustrated with Alex. (T) 9.00 Grey's Anatomy. Rosanna Arquette guest stars; (T) 9.00 five news update. 10.00 FILM: Not Another Teen Movie (2001). A high-school student is challenged to turn his ugliest classmate into prom-queen material. Dim-witted comedy taking potshots at various teen capers, starring Chyler Leigh. (T) 11.40 World's Wildest Police Videos. (R) (T) 12.40 Sunshine Tour Golf. 1.30 European Seniors Tour.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 CITV: Mr Bean: The Animated Series. (R) 9.35 Feodor. (R) 9.45 Curious George. (R) (T) 9.55 Pocoyo. 10.05 Jim Jam & Sunny. (T) 10.20 Jim Jam & Sunny. (T) 10.30 The Championship. (T) 11.30 The Sunday Edition. (T) 12.25 London Today; Weather. (T) 12.30 The Planet's Funniest Animals. (T) 1.00 Dancing on Ice: The Final. (R) (T) 2.20 Dancing on Ice: The Final Skate Off. (R) (T) 3.10 Primeval. (R) (T) 4.10 F1: Australian Grand Prix. (R) (T)

6.30 London Tonight; Weather. (T) 6.45 ITV News and Weather. (T) 7.00 Emmerdale. Sam decides he should start fending for himself and plans to move out of the Dingles' cottage, prompting Pat to suggest he move in with Emily. Val learns David lied about the stolen money and issues Eric an ultimatum, while Diane is touched to receive a Mother's Day present from Daz. (T) Coronation Street. The Morton clan, led by patriarch Jerry - who soap fans will recognise as Brookside window-cleaner Sinbad - arrive on the Street, bringing a truckful of belongings and an avalanche of noise. Deirdre tries to find out what Claire really knows about Tracy and Charlie, while Janice gets her old job back. (T)

8.00 Wild at Heart. Du Plessis regains consciousness and returns to Leopard's Den. Danny is still plagued by memories of the lion attack, making Sarah consider the family's future in Africa, until a successful game capture allows him to conquer his demons. Meanwhile, Caroline receives a life-changing proposal. Last in series. (T)

9.00 Mansfield Park. Adaptation of Jane Austen's novel, starring Billie Piper as heroine Fanny Price. The young Fanny is sent to live with her affluent relatives in Northampton, and discovers cousins Maria and Julia Bertram preoccupied with their own lives and aunt Norris spiteful and demeaning. But, she finds solace and a true companion in cousin Edmund, until the Crawfords arrive fresh from London society. (T)

11.00 ITV News and Weather; Weather. (T) 11.15 F1: Australian Grand Prix Highlights. Steve Rider presents action from the opening race of the new season at Albert Park in Melbourne, which returns as the curtain-raising event after Bahrain took the honours last year. For the first time since 1991 the first round of the campaign won't involve Michael Schumacher following his retirement last year, but the grid will still have an interesting look to it, as two-time world champion Fernando Alonso and British hopeful Lewis Hamilton make their McLaren debuts. Commentary by James Allen and Martin Brundle. (T)

12.15 The Moral of the Story. (T) 12.40 Glitterball; ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1
0700 Brincar Bricar 0900 O Homen dos Leões 0930 Extreme Jobs 1000 Eucaristia Dominical 1100 Criar um Urso Negro Bebé 1200 A Minha Sogra é uma Bruxa 1230 Conto-Infomção 1300 News 1415 Só Visto 1515 Prison Break 1600 1615 Rush Hour 2 1800 Greys Anatomy 2000 Mews 2130 Gato Fedorento 2230 Billy Elliot, film 0130 Combat D'Amour en Songe, film

RTP2
0645 Meteorology 0700 Euronews 0830 Afric@global 0900 Caminhos 0930 70x7 1000 Nós 1100 Da Terra Ao Mar 1130 Consigo 1230 Olhar o Mundo 1300 Discovery Hour 1345 Vidas 1445 A Voz do Cidadão 1500 Sport 1900 A Revolta dos Pasteis de Nata 2000 Teen Titãs 2030 Futurama 2100 Bombordo 2130 A Alma e a Gente 2200 News 2230 Diga lá Excelência 2315 Britcom 0000 Onda 0115 Christmas Concert from Bealehem 0215 Desporto 0615 Euronews

SIC
0645 Sic Kids 0830 Floribela 1000 Fátima 1300 News 1400 Film TBA 1545 Film TBA 2330 CSI Miami 0030 CSI Las Vegas 0200 The Hurricane, film

TVI
0645 Children's TV 0900 Disney Kids 1100 Uma Aventura Perigosa 1200 BBC Wild Life 1300 News 1345 Casper, film 1530 Film TBA 1830 Film TBA 2000 News 2115 Morangos Com Açúcar 0200 Heaven's Pond, film

Best of the Rest

BBC3
7.00 Freaky Eaters 8.00 Film: The Recruit 12 (2003) 9.50 Three's Out-Takes 10.00 Castaway Exposed 11.00 Kill It, Cook It, Eat It: Prime Cuts 11.45 Two Pints of Lager and a Packet of Crisps 12.15 Two Pints of Lager and a Packet of Crisps 12.45 Castaway Exposed 1.40 Torchwood 2.30 Film: Carry On Jack PG (1964) 6.55 The Story of Only Fools and Horses 8.15 Only Fools and Horses 9.00 Dalziel and Pascoe 10.55 The Story of Only Fools and Horses 12.20 Gimme Gimme Gimme 12.55 Gimme Gimme Gimme 1.35 Gimme Gimme Gimme 2.10 EastEnders 3.10 Baywatch 3.55 Yes Minister 4.25 Yes Minister 4.55 EastEnders 5.35 Neighbours

TCM
1.25 Vengeance Valley PG (1951) 3.00 The Wings of Eagles U (1957) 5.00 Never So Few PG (1959) 7.20 Viva Las Vegas U (1964) 9.00 The Searchers U (1956) 11.10 Directed by John Ford 1.25 Demon Seed 15 (1977) 3.00 Teleshopping

The Disney Channel
Kids' programmes from 7am

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.

1.50 Uncut Best Unseen Ads 2.15 Uncut Best Unseen Ads 2.40 Angel 3.30 Star Trek: The Next Generation 4.20 Star Trek: The Next Generation 5.10 Star Trek: Voyager

UKTV Gold
1.40 Open All Hours 2.20 Open All Hours 3.00 Porridge 3.40 Porridge 4.20 Only Fools and Horses 5.05 Film: Carry On Jack PG (1964) 6.55 The Story of Only Fools and Horses 8.15 Only Fools and Horses 9.00 Dalziel and Pascoe 10.55 The Story of Only Fools and Horses 12.20 Gimme Gimme Gimme 12.55 Gimme Gimme Gimme 1.35 Gimme Gimme Gimme 2.10 EastEnders 3.10 Baywatch 3.55 Yes Minister 4.25 Yes Minister 4.55 EastEnders 5.35 Neighbours

TCM
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The Disney Channel
Kids' programmes from 7am

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.

MOVIES

Sky Movies 1
6.00 Judas PG (2004) 7.35 Shark Tale U (2004) 9.10 Cheaper By the Dozen 2 PG (2005) 10.55 House Arrest PG (1995) 12.50 Judas PG (2004) Religious drama, starring Johnathon Schaech. 2.25 Shark Tale U (2004) Animated adventure, with the voice of Will Smith. 4.00 Cheaper By the Dozen 2 PG (2005) Comedy sequel, starring Steve Martin. 5.55 House Arrest PG (1995) Comedy, starring Jamie Lee Curtis. 8.00 The Longest Yard 12 (2005) Comedy, starring Adam Sandler and Burt Reynolds. 10.00 A History of Violence 18 (2005) Thriller, starring Viggo Mortensen. 11.40 Obsessed 12 (2002) Thriller starring Jenna Elfman. 1.15 Running Cool 18 (1993) Action yarn, with Andrew Divoff. 3.05 The Price of Love 15 (1995) 4.40 Kid Cop U (1996)

Sky Movies 2
6.45 A Heartbeat Away PG (2004) 8.40 Vice Versa PG (1988) 10.30 March of the Penguins U (2005) 12.20 The Princess Diaries 2: Royal Engagement U (2004) Family comedy, starring Anne Hathaway. 2.20 Vice Versa PG (1988) Fantasy comedy. Judge Reinhold stars. 4.00 March of the Penguins U (2005) Oscar-winning documentary, narrated by

Morgan Freeman. 5.30 US Top 10 5.50 The Princess Diaries 2: Royal Engagement U (2004) Family comedy, starring Anne Hathaway. 8.00 The Ice Storm 15 (1997) Gritty drama, starring Sigourney Weaver. 10.00 Constantine 15 (2005) Supernatural thriller, starring Keanu Reeves. 12.00 Alexander 15 (2004) Historical epic, starring Colin Farrell. 2.55 Jade 18 (1995) Erotic thriller, starring David Caruso. 4.45 A Heartbeat Away PG (2004)

Sky Cinema 1
6.25 The Kid Brother U (1927) 7.50 The Idle Class U (1921) 8.30 The Roots of Heaven PG (1958) 10.40 Little Shop of Horrors PG (1986) 12.20 Silver Strail PG (1976) Comedy thriller, with Gene Wilder and Richard Pryor. 2.15 The Roots of Heaven PG (1958) Adventure, starring Trevor Howard. 4.25 Little Shop of Horrors PG (1986) Comedy musical, starring Rick Moranis. 6.05 Silver Strail PG (1976) Comedy thriller, with Gene Wilder and Richard Pryor. 8.00 The Rain People 15 (1969) Drama, starring Shirley Knight. 10.00 Mississippi Burning 18 (1988) Explosive racial drama, starring Gene Hackman. 12.10 Dead Bang 18 (1989) Thriller, starring Don Johnson. 1.55 Sophie's Choice 15 (1982) Emotional drama, starring Meryl Streep. 4.35 The Kid Brother U (1927)

SPORT

Sky Sports 1
6.00 Football First 7.30 Football First 9.00 Jimmy Hill's Sunday Supplement 10.00 Goals on Sunday 11.30 Live Football League. West Bromwich Albion v Birmingham City (Kick-off 11.30am). 1.30 Live Super Sunday. Aston Villa v Liverpool (Kick-off 1.35pm). 3.30 Live Super Sunday. Everton v Arsenal (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Football League Review 8.00 Big Fight Special 10.00 Football Special 11.30 Super Sunday: The Last Word 12.00 Football League Review 1.00 Spanish Football 3.00 Close

Sky Sports 2
6.00 Live European Tour Golf. The TCL Classic. 9.00 Big Fight Special 11.00 World Cup Cricket 12.00 World Cup Cricket 1.00 Live World Cup Cricket. England v Canada. 9.00 Golf Night 11.30 Big Fight Special 3.00 Close

Sky Sports 3
6.00 Watersports World 7.00 World Cup Cricket 8.00 World Cup Cricket 9.00 WWE: Afterburn 10.00 WWE: Heat 11.00 Seamaster Sailing 11.30 Big Fight Special 1.30 Live Rugby Union. London Irish v London Wasps (Kick-off 2.00pm). 4.00 Live Rugby Union. Cornish Pirates v Earth Titans (Kick-off 4.00pm). 6.00 Live Spanish Football. Real Madrid v Gimnastic (Kick-off 6.00pm). 8.00 Live Spanish Football.

Sevilla v Celtic Vigo (Kick-off 8.00pm). 10.00 WWE: Late Night - Afterburn 11.00 WWE: Heat 12.00 US Superbikes 1.00 Seamaster Sailing 1.30 Rugby Union 2.30 Close

British Eurosport
7.30 Eurosport Buzz 8.00 Live Alpine Skiing. The World Cup meeting in Lenzerheide. 9.00 Biathlon 9.30 Live Biathlon. World Cup coverage from Khanty-Mansiysk, Russia. 10.15 Live Alpine Skiing. The World Cup meeting in Lenzerheide. 11.15 Nordic Combined Skiing 11.45 Live Biathlon. The World Cup campaign reaches a conclusion. 12.30 Alpine Skiing 12.45 Live Ski Jumping. The World Cup meeting from Oslo, Norway. 2.30 Live Cycling. The final stage of the Paris-Nice race. 3.45 Cycling 4.30 Cycling 5.00 Biathlon 5.30 Ski Jumping 6.30 Winterpark Weekend 7.00 WTA Tennis 8.00 Cycling 8.30 Cycling 9.00 MotoGP 10.00 Motorsports Weekend 10.15 Curling 12.00 Winterpark Weekend 12.30 Close

Sky Sports Xtra
6.00 Super League 7.30 Spanish Football 9.00 Seamaster Sailing 9.30 Super League 11.00 Wild Spirits 11.30 Racing News 12.00 European Tour Golf 3.00 Big Fight Special 5.00 Tennis 7.00 Live Tennis. The Pacific Life Open final. 9.00 Live NBA Basketball. Detroit Pistons v Dallas Mavericks (Tip-off 9.00pm). 11.30 Rugby Union 12.30 Tennis 2.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 Don't Get Done, Get Done. (T) 10.00 Escape to the Country; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Car Booty; (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Maya & Miguel. (R) (T) 3.45 The Likeaballs. (R) (T) 4.00 Whizz Whizz Bang Bang. (T) 4.30 The Slammer. (R) (T) 5.00 Best of Friends. (R) (T) 5.30 Newsround. (T)

5.35 Neighbours. Elle shares her shocking discovery about Max with Janae, and Allan gets tough with sulking daughter Pepper. The Timmins clan go to war with Paul at the Lassiter's board meeting. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 Mission Africa. Danger strikes for the trainee rangers as work on the game reserve continues. An angry lion that refuses to go to sleep starts closing in for the kill with its aggressive mates. (T)

7.30 Holiday. Simon Calder explores Laos by river, while Anthony Crank takes in the views in Borneo and Laurence Llewellyn-Bowen and Nicki Chapman visit Thailand. Last in series. (T)

8.00 EastEnders. Honey makes a shocking discovery as Billy's financial situation deteriorates. Meanwhile, Stella takes pleasure in Ben's discomfort and Tanya makes plans for her family's future. (T)

8.30 Panorama. Stella Moore's daughter was murdered by the man who had stalked her for more than a year, but she believes the crime could have been prevented if the police had acted sooner. While seeking answers from those she holds responsible, a visit to San Diego provides an insight into zero tolerance policies. Postponed from March 12. (T)

9.00 Whistleblower. Reporters work undercover for nine months in a leading British bank and a huge call centre, revealing problems with security, along with evidence of fraud and corruption. The team also discover suggestions that staff have been directed to refund charges to wealthy customers but not to poorer ones. (T)

10.00 BBC News at Ten O'Clock. (T)

10.30 Regional News; Weather. (T)

10.35 Sleep Clinic. . (T)

11.05 Cricket World Cup. (T)

12.05 FILM: Mr Majestik (1974). Tongue-in-cheek thriller, starring Charles Bronson; (T) Springwatch Weatherview. 1.50 Sign Zone: Does Africa Need Ade Edmonstone? (R) (T) 2.30 Sign Zone: Top Gear. (R) (T) 3.30 Sign Zone: Gene Detectives. (R) (T) 4.15 BBC News 24. 5.00 Cricket World Cup. (R) (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.25 The Story Makers; (R) (T) Fimbles Songtime. (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Astro Boy. (R) (T) 7.20 Diddy Dick & Dom; (R) (T) Newsround. (T) 7.30 Even Stevens. (R) (T) 7.50 Batfink. (R) (T) 8.00 The Cramp Twins. (R) (T) 8.15 ChuckleVision. (R) (T) 8.30 CBeebies: Come Outside. (R) (T) 8.45 Underground Ernie. (R) (T) 9.00 Boogie Beebies. (R) (T) 9.15 Higgledy House. (R) (T) 9.30 Big Cook Little Cook. (R) (T) 9.50 Doodle Do. (T) 10.10 Bill and Ben. (R) (T) 10.20 Charlie and Lola. (R) (T) 10.30 Schools: Watch. (T) 10.45 Words and Pictures. (T) 11.00 Maths Challenge. (T) 11.15 Maths Challenge. (T) 11.30 Shakespeare: The Animated Tales. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: What? Where? When? Why? (T) 1.15 Something Special. (T) 1.30 Animal Park. (T) 2.15 Escape to the Country. (R) (T) 3.15 Sudo-Q. (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (T) 6.30 A Taste of My Life. (R) (T) 7.00 The Trees That Made Britain. Part two of two. The history of the oak. (R) (T) 7.30 Nation on Film. The impact of film on the growth in car sales. (T) 8.00 University Challenge. University College London v the University of York. (T) 8.30 Return to Lullingstone Castle. Tom and his neighbour negotiate ownership of the business. (T) 9.00 Anatomy of Crime. A teenage driver loses control of his car and kills a woman. (T) 10.00 Ideal. Nicki wants to leave Moz. Last in series. (T) 10.30 Newsnight. (T) 11.20 Iraq Week: Last Flight to Kuwait. (T) 12.50 Tribes of the Amazon. (R) (T) 1.20 BBC News 24. 2.00 BBC Learning Zone.

Pick of the Day

Mobile (ITV1 Granada, 9pm)

Most of us love our cell phones, but this new drama could make many think twice before using one in the country or chatting too loudly on the train. Penned by Brookside veteran John Fay, it concerns a serial killer with a grudge against mobile users. He soon makes his anger felt by shooting a chatter stuck at traffic lights. A train ride also turns into a journey from Hell when the psychopath starts taking potshots at the travellers. The only things DI Lorraine Conil (Sunetra Sarker) and her colleagues have to go on are he's male, wears a red baseball cap and answers to the name of Beelzebub. The prime suspect seems to be Eddie Doig (Neil Fitzmaurice), a dying ex-phone engineer who is prone to violent mood swings, but there could be more to his case than meets the eye. Each of the three episodes features the same story but is told from a different viewpoint. Only in the final scenes of the third episode is the connection between all the stories made clear. The all-star cast includes Julie Graham, John Thomson and Keith Allen. Prepare to be hooked.

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Friends. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Just Shoot Me. (R) (T) 9.00 Frasier. (R) (T) 9.30 My Crazy Life; (R) (T) Before and After. (R) (T) 10.00 That'll Teach 'Em: Boys Versus Girls; (R) (T) Before and After. (R) (T) 11.00 How to Dump Your Mates; (R) (T) 3 Minute Wonder. (R) (T) 11.30 Don't Make Me Angry; (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 FILM: Saboteur (1942). Hitchcock thriller starring Robert Cummings. (T) (bw) 2.25 A Place in the Sun. (R) (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: City of Cranes. New series. London through the eyes of crane drivers. (T) 8.00 Dispatches: When Did You Last Beat Your Wife? Measures to prevent domestic violence. (T) 9.00 Animal Farm. New series. Genetic engineering in food production. (T) 10.00 ER. Christmas time in the hospital sees Luka and Abby donning fancy dress, and Morris learning the true meaning of the holiday season when he plays Santa to a special girl. (T) 11.05 The Sopranos. (T) 12.15 4Music: Live from Abbey Road. (T) 1.20 World Cup Skiing. 3.10 Post Modern Pastimes. (R) (T) 3.25 The Insider: Unmarried Parents Scandal. (R) (T) 3.50 3 Minute Wonder: War Torn. (R) (T) 4.00 Channel 4 Education. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Old Bear Stories. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 Hi-5. (R) (T) 7.20 The Beeps. (T) 7.30 Little Princess. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerdolls. (R) (T) 8.15 Peppa Pig. (T) 8.20 Thomas & Friends. (R) (T) 8.35 Funky Valley. (R) (T) 8.40 Titch. (R) (T) 8.50 Mio Mao. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 BrainTeaser. (T) 1.35 FILM: Perry Mason: The Case of the Sinister Spirit (1987). Mystery, starring Raymond Burr. (T) 3.40 five news. (T) 3.45 FILM: Jane Doe: Til Death Do Us Part (2005). Thriller, starring Lea Thompson. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Everybody Hates Chris. (R) (T) 7.00 five news. (T) 7.15 The Gadget Show. Suzi Perry and Jason Bradbury test PC and Mac laptops to find out which is superior. Meanwhile, Jon Bentley presents a buyer's guide to TV, Internet and phone providers; (T) 7.15 five news update. 8.00 Super Tornado: Perfect Disaster. Docu-drama about a tornado hitting Dallas. (R) (T) 9.00 Ten Kids and Counting. Families with ten or more children. (T) 10.00 Prison Break. Sara and Michael are reunited. (T) 11.00 FILM: Species II (1998). Sci-fi sequel, starring Natasha Henstridge. 12.40 US PGA Golf. 1.30 NASCAR. 2.20 French Football. 3.10 Kickboxing: Now Is the Time - Night of Combat. 4.00 Boxing: Fight of the Week. 5.10 Ironman Triathlon. (R)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 Daily Cooks. 3.59 London Weather. (T) 4.00 Agatha Christie's Poirot. (R) (T)

5.00 Soapstar Superchef. New series. Actors from popular soaps reveal their skills in the kitchen, going head to head to recreate the signature dish of a leading British chef.

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Del arranges a slap-up meal for Eric and Val in a bid to get them back together, but soon ends up regretting her efforts. Daz claims he's spoken to Billy about the adoption, and Jack shows Victoria a picture of Sarah - prompting her to ask awkward questions about her mother's death. (T)

7.30 Coronation Street. Janice visits the hotel where Leanne is supposed to be attending a property exhibition - but finds her getting up to something quite different. The Mortons open their takeaway and make an effort to get in the residents' good books, while Tracy hears Deirdre has been asking questions. (T)

8.00 Border Wars: Tonight. (T)

8.30 Coronation Street. Janice confronts Leanne about the real nature of her job, and is so appalled by her response that she throws her out of the house. Peter's flirting wins Maria over, while Steve and Dev can't contain their glee when Paul proves to be a poor golfer. Roy and Gail are subjected to Jerry Morton's charm offensive. (T)

9.00 Mobile. New crime drama, starring Julie Graham and Neil Fitzmaurice. Police discover two seemingly unrelated crimes - the murder of a mobster and the destruction of two phone masts - are linked by the common factor of mobile phones. A former engineer for a telecommunications company, who blames his inoperable tumour on years of working with the devices, soon becomes their chief suspect. With John Thomson and Keith Allen. (T)

10.30 ITV News; Weather. (T)

11.00 The Dame Edna Treatment. The self-proclaimed megastar marks her 50th year in showbiz by opening the doors of her exclusive health spa to celebrities and soothing their woes in her own inimitable style, ably assisted by daughter Valmai. Sir Les Patterson also appears, dispensing his unique brand of lifestyle advice. (R) 12.00 Champions League Weekly. (T) 12.30 Glitterball; ITV News Headlines. 4.05 ITV at Reading 2005. (R) (T) 5.00 ITV Nightscreen. (T)

LOCAL

RTP1
0630 Bom Dia Portugal
1000 Praça da Alegria 1300
News 1410 Los Ricos
Tambien Lloran 1505
Portugal no Coração 1715
Lingo 1800 Portugal em
Direto 1915 O Preço Certo
1955 Direito de Antena
2000 News 2100 Notas
Soltas 2130 Um Contra
Todos 0120 Fear and
Loathing in las Vegas, film

RTP2
0730 Zig Zag, cartoons
1330 The OC 1545 Fire
Within 1645 A Minha
Família e Outros Animais
1800 Pica 1830 A Fé dos
Homens 1945 Zig Zag 2015
Pica 2045 Sim Amor 2115
A Alma e a gente 2145 A
Hora da Sorte 2200 News
2230 Perto de Casa 2300
Mundos

SIC
0645 Sic Kids 0230
Fliribella 1000 Fátima 1300
News 1415 O Profeta 1515
Contacto 1715 Floribella
1915 Pé Na Jaca 2000 News
2115 Páginas da Vida 2315
Jura 0015 The Diary of
Ellen Rimbauer, film 0300
Bang Bang 0345 Olgar de
Serpente

TVI
0700 Diário da Manhã 1000
Você na TV 1300 News 1400
Tu e Eu 1515 Doce Fugitiva
1630 Quem Quer Ganha
1745 Marangos com Açúcar
2000 News 2015 Football:
Estrela Amadora V Benfica
2215 Tempo de Viver 0200
Super Troopers, film

Best of the Rest

BBC3
7.00 Castaway 8.00 Castaway:
The Last 24 Hours 8.30 Help!
My Dog's as Fat as Me 9.00
Little Britain 9.30 Tittybangbang
10.00 EastEnders 10.30 Rush
Hour 11.00 Jonathan Ross's
Japanorama 11.30 American
Dad! 11.55 American Dad! 12.15
Castaway: My Dog's as Fat as
Me 1.15 Rush Hour 1.45
Jonathan Ross's Japanorama
2.15 Tittybangbang 2.40 Sex,
Lice and Videotape 3.40 Close

BBC4
7.00 The Extraordinary Equiano
8.00 The World 8.00 Weather
8.30 Wainwright Walks 9.00
Tales from the Front Room
10.00 Tight Spot 10.00 The Lift
10.30 Tinker, Tailor, Soldier,
Spy 11.15 Wainwright Walks
11.45 Tales from the Front
Room 12.45 Are We Having
Fun Yet? 1.45 Wainwright
Walks 2.15 The Extraordinary
Equiano 3.15 Tales from the
Front Room 4.15 Close

ITV2
1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 Ricki
Lake 3.25 The Jeremy Kyle
Show 4.30 Sally Jessy
Raphael 5.15 Airline USA 5.45
Judge Judy 6.40 Movies Now
6.50 Dancing on Ice: The Final
8.10 Dancing on Ice: The Final
Skate Off 9.00 Film: Gone in
60 Seconds 15 (2000) 11.15
Haunted Homes 12.15
Coronation Street 12.45
Coronation Street 1.15 Film:
Election 15 (1999) 3.00
Glitterball: ITV Play 4.00
Teleshopping 6.00 Close

Sky One
1.00 Angel 2.00 Tru Calling
3.00 Jake 2.0 4.00 Stargate
SG-1 5.00 Stargate SG-1 6.00
Stargate Atlantis 7.00 The
Simpsons 7.30 The Simpsons
8.00 The Simpsons 8.30 The
Simpsons 9.00 The Real Shipa
Shetty 10.00 The Final 24
11.00 Cold Case 12.00 Inside
Britain's Fattest Man 1.00
Uncut! Naked in Westminster
1.50 Uncut! The Villa 2.40
Stargate Atlantis 3.30 The 4400
4.20 Tru Calling 5.10 Star Trek:
Voyager

UKTV Gold
1.00 Last of the Summer Wine
1.40 Keeping Up Appearances
2.20 The Good Life 3.00 My
Family 3.40 Porridge 4.20
dinnerladies 5.00 The Bill 6.00
The Bill 7.00 dinnerladies 7.40
Porridge 8.20 My Family 9.00
Only Fools and Horses 9.40
The Vicar of Dibley 10.20 The
Office 11.00 Only Fools and
Horses 11.40 The Vicar of
Dibley 12.20 The Office 1.00
Gimme Gimme Gimme 1.35
Blessed 2.10 Holby City 3.05
Ballykissangel 3.55
Ballykissangel 4.45
Ballykissangel 5.35
Neighbours

TCM
1.00 Lady L U (1965) 3.00
Goodbye, Mr Chips U (1939)
5.10 Raintree County PG
(1957) 8.25 Off Set 9.00 The
Shooting Party 15 (1984) 10.55
Operation Crossbow PG (1965)
1.05 Period of Adjustment 12
(1962) 3.00 Teleshopping

The Disney Channel
Kids' programmes from 7am

MOVIES

Sky Movies 1

6.15 Falsely Accused PG
(1993) 7.55 Drive to Succeed
PG (2004) 9.25 Star Wars:
Episode V - The Empire Strikes
Back U (1980) 11.35 Corpse
Bride PG (2005) Animated
fantasy, with the voice of
Johnny Depp. 12.55 Falsely
Accused PG (1993) Fact-based
drama, with Lisa Hartman
Mack. 2.30 Driven to Succeed
PG (2004) Fact-based drama,
starring Cybill Shepherd. 4.00
Corpse Bride PG (2005)
Animated fantasy, with the
voice of Johnny Depp. 5.30
Michael PG (1996) Romantic
comedy, starring John
Travolta. 7.30 Sky Movies
News 8.00 Star Wars: Episode
V - The Empire Strikes Back U
(1980) Sci-fi fantasy, starring
Harrison Ford. 10.10 Hitch 12
(2005) Romantic comedy,
starring Will Smith. 12.15
Monster-in-Law 12 (2005)
Comedy, starring Jennifer
Lopez. 2.00 Locusts: The Eighth
Plague 15 (2005) Disaster
movie, starring Dan Cortese.
3.35 Being Julia 12 (2004) 5.25
Falsely Accused PG (1993)

Sky Movies 2

6.30 Christmas with the Kranks
PG (2004) 8.30 Lenny the
Wonder Dog PG (2004) 10.15
Force of Impact PG (2005)
11.55 Christmas with the Kranks
PG (2004) Comedy, starring
Jamie Lee Curtis. 1.40 The
Magical Legend of the
Leprechauns 4.40 Lenny the

Wonder Dog PG (2004) Family
adventure, starring Craig
Ferguson. 6.20 Force of
Impact PG (2005) Sci-fi thriller,
starring Rae Dawn Chong. 8.00
Walk the Line 12 (2005) Biopic
starring Joaquin Phoenix. 10.20
Hotel Rwanda 12 (2004)
Critically acclaimed drama,
starring Don Cheadle. 12.25
My Cousin Vinny 15 (1992)
Courtroom comedy, starring
Joe Pesci. 2.30 I Heart
Huckabees 15 (2004) Offbeat
comedy, starring Dustin
Hoffman. 4.20 Force of Impact
PG (2005)

Sky Cinema 1

6.05 The Great Dictator PG
(1940) 8.15 Chaplin Today: The
Great Dictator 8.55 The
Gunfighter U (1950) 10.35 All
About Eve U (1950) 1.00 The
Great Dictator PG (1940) Social
satire, starring Charlie Chaplin.
3.15 Chaplin Today: A Woman
of Paris 3.55 The Gunfighter U
(1950) Western, starring
Gregory Peck. 5.35 All about
Eve U (1950) Witty drama,
starring Bette Davis. 8.00 The
Marrying Man 15 (1991)
Screwball comedy, starring Kim
Basinger. 10.00 Gregory's Girl
15 (1981) Romantic comedy,
starring John Gordon Sinclair.
11.45 The Chorus 12 (2004)
French drama, starring Gerard
Jugnot. 1.30 The Last
Mitterrand PG (2005) Semi-
fictional biopic, starring Michel
Bouquet. 3.40 The Cook U
(1918) 4.20 The Pilgrim U (1923)
5.20 His Wedding Night PG
(1917)

SPORT

Sky Sports 1

6.00 Football League Review 7.00
WWE: Bottom Line 8.00 World
Cup Cricket 9.00 World Cup
Cricket 10.00 Football League
Review 11.00 World Cup Cricket
12.00 World Cup Cricket 1.00
Live World Cup Cricket. India v
Bermuda. 10.30 You're on Sky
Sports! 12.00 Soccer AM: The
Best Bits 1.00 Speedway 3.00
Soccer AM: The Best Bits 4.00
You're on Sky Sports! 5.30 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 High
Altitude 7.00 Aerobics Oz Style
7.30 High Altitude 8.00 Football
Special 9.30 Super Sunday: The
Last Word 10.00 Golf Night 12.30
Football Special 2.00 Super
Sunday: The Last Word 2.30
Champions League Weekly 3.00
Spanish Football 5.00 Champions
League Weekly 5.30 Football
League Review 6.30 Soccer AM:
The Best Bits 7.30 Live
Speedway. Reading Bulldogs v
Peterborough Panthers. 9.30 Wild
Spirits 10.00 Bass Fishing 11.00
Carp Fest 2006 12.00 World Motor
Sport 2.30 Close

Sky Sports 3

8.00 Tennis 10.00 US Superbikes
11.00 Racing News 11.30
Aerobics Oz Style 12.00 Tennis
2.00 High Altitude 2.30 Golf Night
5.00 WWE: Raw 7.00 Seamaster
Sailing 7.30 World Motor Sport
10.00 WWE: Late Night - Bottom
Line 11.00 WWE: Late Night
Afterburn 12.00 Extreme
Championship Wrestling 1.00

Live WWE: Late Night - Raw.
Wrestling action from the States.
3.15 Close

British Eurosport

7.30 Live Curling. Germany v
Sweden. 9.00 Volleyball 9.30 Live
Swimming. The 2007 World
Championships. 11.00 Live
Curling. The women's World
Championship. 2.00 Live
Cycling. Stage six of the Tirreno-
Adriatico road race. 3.00 Curling
4.30 WTA Tennis 5.30 Eurogoals
6.30 Cycling 7.30 MotoGP 9.00
Fight Club 11.00 Eurogoals 12.00
Eurosport Buzz 12.30 Close

Sky Sports Xtra

3.00 The Rugby Club 4.00 High
Altitude 4.30 Seamaster Sailing
5.00 Bass Fishing 6.00 High
Altitude 6.30 FEI Equestrian World
7.00 NBA Basketball 9.00 High
Altitude 9.30 FEI Equestrian World
10.00 Triathlon 11.00 High Altitude
11.30 FEI Equestrian World 12.00
Bass Fishing 1.00 High Altitude
1.30 Wild Spirits 2.00 Close

(R)-repeat programme;
(T)-programme with teletext
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(S)-programme broadcast in
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(bw)-black and white.

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BBC1

6.00 Breakfast. (T) 9.15 Don't Get Done, Get Dom. (T) 10.00 Escape to the Country. (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Car Booty. (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Maya & Miguel. (R) (T) 3.45 The Likeaballs. (R) (T) 4.00 Whizz Whizz Bang Bang. (T) 4.30 The Slammer. (R) (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Pepper meddles in Rosetta's love life, and her plan to expose Paul as a philanderer goes seriously awry. Susan considers breaking the law to protect Katya. (R) (T) BBC News; Weather. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 Women on Fire. Two-part series following single mother Aimi Walker-Brownlow and receptionist Sarah Clark as they pursue their ambitions of becoming fire fighters. But with women making up a mere 2.5% of the service and a gruelling 16-day training course in Humberdale ahead, they need determination to qualify for one of the most dangerous jobs in Britain. Concludes tomorrow. (T)

7.30 EastEnders. Honey musters the courage to tell Billy her big news, but is devastated by his reaction. Max puts a damper on Tanya's plans to move the family to Spain and Dawn has a bad hair day. (T)

8.00 Holly City. Faye and Jac argue over Joseph, and Lola believes Maddy is getting preferential treatment. Diane cuts short her flirtation with Clifford as a familiar face returns to the ward. (T)

9.00 Life on Mars. Sam faces a race against time as he attempts to forget his troubles and focus on an investigation into the kidnapping of a man's wife and daughter. As he picks through the details of the crime, he begins to consider who may be motivated to hold the pair hostage - only for Annie to leave herself exposed when she discovers the kidnapper's true identity. Fantasy drama, starring John Simm and Philip Glenister. (T)

10.00 BBC News at Ten O'Clock. (T)

10.30 Regional News; Weather. (T)

10.35 One Life. Following people as they plan legal action in a bid to win custody of their dog from their former lovers, including a woman asking for visitation rights to see her ex-husband's pet. (T)

11.15 Cricket World Cup. South Africa v Scotland and New Zealand v Kenya. Manish Bhasin introduces highlights of the Group A and C games at Warner Park in St Kitts and the Beausejour Stadium in St Lucia. (T)

12.15 FILM: Cat People (1982). Horror thriller, starring Nastassja Kinski. (T) Weatherview. 2.15 Sign Zone. See Hear. (R) (T) 2.45 Sign Zone: Seaside Rescue (R) (T) 3.45 Sign Zone: An Island Parish. (R) (T) 4.15 Sign Zone: Dr Alice Roberts: Don't Die Young. (R) (T) 4.45 BBC News 24. (T) 5.00 Cricket World Cup. (R) (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.25 The Story Makers. (R) (T) Fimbles Songtime. (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Astro Boy. (R) (T) 7.20 Diddy Dick & Dom. (R) (T) 7.25 Newsround. (T) 7.30 Even Stevens. (R) (T) 7.50 Battik. (R) (T) 8.00 The Cramp Twins. (R) (T) 8.15 ChuckleVision. (R) (T) 8.30 CBeebies: Tommy Zoom. (T) 8.40 Numberjacks. (T) 9.00 Nina and the Neurons. (T) 9.15 Lunar Jim. (R) (T) 9.25 Me Too! (T) 9.45 Mama Mirabelle's Home Movies. (T) 10.00 In the Night Garden. (T) 10.30 Schools: BBC Primary History. (T) 10.50 BBC Primary Geography. (T) 11.10 Star Trek: The Next Generation. (R) (T) The Witness. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: Coming to England. (T) 1.20 BBC Primary Geography. (T) 1.30 Lifeline. (R) (T) Coast. 1.45 Animal Park. (T) 2.15 Escape to the Country. (R) (T) 3.15 Sudo-Q. (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weak-eat Link. (T) 6.00 Eggheds. (T) 6.30 A Taste of My Life. (R) (T) 7.00 Sleep Clinic. The staff of Papworth Hospital try to help heavy snorer and sleep apnoeic David, whose wife has been forced to stay in a separate room to escape the loud noises he makes at night. (R) (T) 7.30 Are We There Yet? How "bus wars" brought chaos to Manchester. (T) 8.00 The Underdog Show. New series. Celebrities train dogs for a competition. (T) 9.00 Horizon. The breeding of endangered animals. (T) 9.50 A Wild Irish Summer. Life on the Blasket Islands. (T) 10.00 The Underdog Show. The first pair leave the competition. (T) 10.30 Newsnight. (T) 11.20 This World. (R) (T) 12.00 Storyville: The Team: BBC Four on BBC Two. (T) 1.25 Malcolm in the Middle. (T) The Witness. (R) (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

CSI: Crime Scene Investigation (five, 9pm)

When a thirtysomething mother is shot dead while picking up her laundry at the dry cleaners, Catherine (Marg Helgenberger) and Nick (George Eads) realise this was no ordinary mugging - the keys to her expensive car were left behind. After finding her handbag in a nearby bin, they discover the identity of the late woman, Amanda Sinclair (Joanna Goings), a silk stocking possibly used by the killer as a mask and a hand-written letter stating "Please do not ever contact me again. Sincerely, Dora". Meanwhile, on the other side of town, Gil is investigating the death of Jill Case, a newspaper editor found hanged in her apartment. An apparent suicide note reads "I apologise to everyone." The recently deceased women are incredibly similar, and Dr Robbins (Robert David Hall) confirms they are twins. However, it soon becomes clear the sisters knew nothing of each other's existence. Could it be a coincidence that they died within a few hours of each other? And just what connection does Dora Pomerantz (Valerie Mahaffey) have to the case? All will be revealed before 10pm.

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Friends. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Just Shoot Me. (R) (T) 9.00 Frasier. (R) (T) 9.30 Freshly Squeezed; (R) (T) (bw) 3 Minute Wonder. (R) (T) 10.00 That'll Teach 'Em: Boys Versus Girls; (R) (T) 3 Minute Wonder. (R) (T) 11.00 How to Dump Your Mates; (R) (T) 3 Minute Wonder. (R) (T) 11.30 Don't Make Me Angry; (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 FILM: Avalanche Express (1979). Espionage thriller, starring Lee Marvin. (T) 2.00 Room for Improvement. (R) (T) 2.30 A Place in the Sun. (R) (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: City of Cranes. The life of a crane driver. (T) 8.00 Selling Houses Abroad. New series. Putting foreign property on the market. (T) 9.00 Ulrika - Am I A Sex Addict? Ulrika Jonsson examines sex addictions. (T) 10.00 Kidnapped. Conrad meets up with his father to discuss the possibility that something from his past may have something to do with Leopold's abduction. Plus, Knapp heads to Brown University. (T) 11.40 I Speak Animal. (T) 12.10 Poker Nations Cup. 1.10 World Cup Skiing. 3.00 KOTV. (T) 3.25 Five Oceans. (R) 3.55 3 Minute Wonder: Preparing for the Worst. (R) (T) 4.00 Channel 4 Education. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Old Bear Stories. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 Hi-5. (R) (T) 7.20 The Beeps. (T) 7.30 Little Princess. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerbuds. (R) (T) 8.15 Peppa Pig. (T) 8.20 Thomas & Friends. (R) (T) 8.35 Funky Valley. (R) (T) 8.40 Titch. (R) (T) 8.50 Mio Mao. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 BrainTeaser. (T) 1.40 FILM: Moms on Strike (2002). Family comedy, starring Faith Ford. (T) 3.40 FILM: Taming Andrew (2000). Drama, starring Park Overall. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Everybody Hates Chris. (R) (T) 7.00 five news. (T) 7.15 The Singing Estate. The choir faces its final challenge. Last in series; (R) (T) 7.15 five news update. 8.00 Pirate of the Caribbean: The True Story. The life of Henry Morgan, a sheep farmer who became one of the most feared pirates in history after his bloody victory at the Spanish fortress of Porto Bello, Panama in 1668; (T) 8.00 five news at 9. 9.00 CSI: Crime Scene Investigation. Guest starring Roger Daltrey. (T) 10.00 CSI: Miami. An escaped prisoner embarks on a killing spree; (R) (T) five news update. 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 The FBI Files. (R) (T) 1.00 NBA Action. 4.05 Motorsport Mundial. 4.30 Race and Rally UK. 4.55 V8 Supercars.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsummer Murders. (R) (T) 3.00 Daily Cooks. 3.59 London Weather. (T) 4.00 Agatha Christie's Poirot. (R) (T)

5.00 Soapstar Supercup. Coronation Street stars take on Neighbours cast members. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Carrie insists the Kings buy Scarlett's share of the business, and Daz worries about how Jack will react to Billy's views on the adoption. Del helps David in his plot against Eric. (T)

7.30 Waterworld. A heatwave threatens to leave a carefully planned canal holiday high and dry, while a boat fire is the scene of a lucky escape. Plus, a report on a designer floating home. (T)

8.00 Cops with Cameras. Police in South Wales carry out three raids as part of an operation to reduce burglary, drug-related crime and car theft in the Neath area, while in Woolwich the community support team receive a briefing before heading out on a job. In Lewisham, two officers apprehend a suspect in a street robbery case, but can't make an arrest until the weapon is found - or the victim comes forward. (T)

9.00 Half Ton Hospital: Tonight Special. New series. Behind the scenes of New York obesity centre Brookhaven Hospital. Staff employ simple diet and exercise regimens instead of relying on quick fixes and surgery, hoping to change the lives of people whose weight is making them seriously ill. Clinic director Robert Kolman shares his thoughts on the issues as cameras follow patients including a 39-stone man with a five-stone swelling on his leg. (T)

10.00 Marbella Belles. New series. Portraits of British women who've opted to pack their bags for a life on the Costa del Sol, providing an insight into the town of Puerto Banus - where appearances are all-important. Among those making the break are lady of leisure Lisa Johnson, party girl Jo Alexandrou and cafe owner Barbara Fawcett - who is looking for her Mr Right. (T)

10.30 ITV News; Weather. (T)

11.00 Real Crime: The Almost Perfect Murder. The tale of Albert Walker, who portrayed himself as a devout Christian and family man, but was really a fraudulent murderer. Police working to bring him to trial recall the

12.00 Glimpseall. ITV News Headlines. 3.40 Forever. (R) (T) 4.35 The Jules and Lulu Show. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal
1000 Praça da Alegria 1300
News 1410 Los Ricos
Tambien Lloran 1505
Choque Terapy, film 1715
Lingo 1800 Portugal em
Directo 1915 O Preço
Certo 2000 News 2315
Life of the Gun, film

RTP2

0730 Zig Zag, cartoons
1400 Sociedade Civil 1530
Portugal Um Retrato
Ambiental 1600 Entre Nós
1630 Euronews 1700 Mundos
Flutuantes 1730
Discovery Hour 1830 A
Fé dos Homens 1900 2010
1945 Zig Zag 2045 yes
Dear 2115 Discovery Hour
2200 News 2230 Without
a Trace 2330 Por Outro
Lado

SIC

0845 Sic Kids
0830Floribella 1000 Fátima
1300 News 1400 O Profeta
1445 Film TBA 1530
Contacto 1715 Floribella
1900 Sinhá Moça 2000
News 2115 Floribella 2215
Cobras & Lagartos 2215
Jura I 0015 Operate
Housewives 0215 Bang
Bang 0315 Ganância

TVI

0700 Diário Da Manhã 1000
Você na TV 1300 News
1400 Film TBA 1600 Film
TBA 1800 Morangos com
Açúcar 2000 News 2115
Morangos com Açúcar
2200 Tempo de Viver 2315
Fala-me de Amor 0200 My
Baby's Daddy, film

Best of the Rest

BBC3

7.00 Honey We're Killing the
Kids Revisited 7.30 Help! My
Dog's as Fat as Me 8.00
Castaway: The Last 24 Hours
8.30 The Real Hustle 9.00 The
Real Dirty Dancing 10.00
EastEnders 10.30 Ideal 11.00
Family Guy 11.25 Family Guy
11.45 Castaway: The Last 24
Hours 12.15 The Real Dirty
Dancing 1.10 Ideal 1.40 The
Real Hustle 2.10 Help! My
Dog's as Fat as Me 2.40
Spendaholics Saved My Life
3.40 Close

BBC4

7.00 The Car's the Star 7.20
Rover: The Long Goodbye
8.00 The World 8.00 Weather
8.30 Never Mind the Full Stops
9.00 The Day Today 9.30 The
League of Gentlemen 10.00
Life on Mars 11.00 Red Robbo
11.30 Rover: The Long
Goodbye 12.10 Never Mind
the Full Stops 12.40 Are We
Having Fun Yet? 1.40 Proms
on Four 3.35 Red Robbo 4.05
Close

ITV2

1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 Ricki
Lake 3.25 The Jeremy
Show 4.25 Sally Jessy
Raphael 5.15 Judge Judy 6.30
American Idol 8.30 American
Idol 9.00 Wags' Boutique 10.00
Film: Election 15 (1999) 12.00
Film: Daylight 12 (1996) 2.10
Glitterball: ITV Play 4.00
Teleshopping 6.00 Close
Sky One
1.00 Angel 2.00 Tru Calling
3.00 Jake 2.0 4.00 Stargate
SG-1 5.00 Stargate SG-1 6.00

Stargate Atlantis 7.00 The
Simpsons 7.30 The Simpsons
8.00 The Simpsons 8.30 The
Simpsons 9.00 Battlestar
Galactica 10.00 Road Wars
11.00 Cold Case 12.00
Unsolved Crimes USA 1.00
Uncut! Best Unseen Ads 1.25
Uncut! Best Unseen Ads 1.50
Uncut! The Villa 2.40 Stargate
Atlantis 3.30 The 4400 4.20
Tru Calling 5.10 Star Trek:
Voyager
UKTV Gold
1.00 Last of the Summer Wine
1.40 Keeping Up Appearances
2.20 The Good Life 3.00 My
Family 3.40 Porridge 4.20
dinnerladies 5.00 The Bill 6.00
The Bill 7.00 dinnerladies 7.40
Porridge 8.20 My Family 9.00
Only Fools and Horses 9.40
Open All Hours 10.20
Blackadder Goes Forth 11.00
Only Fools and Horses 11.40
Open All Hours 12.20
Blackadder Goes Forth 1.00
Gimme Gimme Gimme 1.40
Blessed 2.10 Holly City 3.05
Ballykissangel 3.55
Ballykissangel 4.45
Ballykissangel 5.35
Neighbours

TCM

1.10 The Glass Slipper U (1954)
3.00 The Bridge on the River
Kwai PG (1957) 6.10 The
Brothers Karamazov PG
(1958) 9.00 Twelfth Night PG
(1996) 11.30 Beau Brummell
PG (1954) 1.30 Eye of the
Devil 15 (1967) 3.00
Teleshopping
The Disney Channel
Kids' programmes from 7am,
except:

MOVIES

Sky Movies 1

7.05 MVP2: Most Vertical Primate
U (2001) 8.35 The Patron Saint
of Liars PG (1997) 10.10 Best
Man in Grass Creek PG (2001)
11.40 Sky Captain and the World
of Tomorrow PG (2004) Sci-fi
adventure, starring Jude Law.
1.30 MVP2: Most Vertical Primate
U (2001) Comedy sequel,
starring Richard Rank. 3.00 The
Patron Saint of Liars PG (1997)
Emotional drama, starring Ellen
Burstyn. 4.40 Best Man in Grass
Creek PG (2001) Romantic
comedy, starring John Hines.
6.10 Sky Captain and the World
of Tomorrow PG (2004) Sci-fi
adventure, starring Jude Law.
8.00 Two for the Money 15
(2005) Drama, starring Al
Pacino. 10.05 King Arthur 12
(2004) Grim historical drama,
starring Clive Owen. 12.15 Fast
Slags 15 (2004) Tawdry comedy,
starring Fiona Allen. 1.35 A Home
at the End of the World 15 (2004)
Drama, starring Colin Farrell.
3.15 Dear Frankie 12 (2004)
5.00 Best Man in Grass Creek
PG (2001)

Sky Movies 2

6.00 Family Blessings PG (1999)
7.35 Going for Broke (2003) 9.10
MVP: Most Valuable Primate PG
(2000) 10.45 The Hitchhiker's
Guide to the Galaxy PG (2005)
12.45 Family Blessings PG
(1999) Romantic drama, starring
Lynda Carter. 2.20 Going for
Broke (2003) Drama, starring
Delta Burke. 4.00 MVP: Most
Valuable Primate PG (2000)

Family comedy, starring Russell
Fierri. 5.45 UK Top 10.6.00 The
Hitchhiker's Guide to the Galaxy
PG (2005) Sci-fi comedy,
starring Martin Freeman. 8.00
Cursed 15 (2005) Werewolf
horror, starring Christina Ricci.
9.40 Flight of the Phoenix 12
(2004) Adventure, starring
Dennis Quaid. 11.35 Casino 18
(1995) Stylish thriller, starring
Robert De Niro. 2.35 Smaila's
Feeling for Snow 15 (1997)
Thriller, starring Julia Ormond.
4.40 MVP: Most Valuable Primate
PG (2000)

Sky Cinema 1

6.00 The Earth Dies Screaming
PG (1964) 7.20 The Love Nest U
(1923) 8.00 My Darling
Clementine PG (1946) 9.50
McLintock! U (1963) 12.05 The
Fly PG (1958) Vintage horror,
starring David Hedison. 1.45
My Darling Clementine PG (1946)
Western, starring Henry Fonda.
3.35 Catch a Fire - Sky Movies
Special 3.55 McIntock! U (1963)
Light-hearted Western, starring
John Wayne. 6.10 The Fly PG
(1958) Vintage horror, starring
David Hedison. 8.00 To Die For
15 (1995) Black comedy,
starring Nicole Kidman. 10.00
Bull Durham 15 (1988) Baseball
comedy, starring Kevin Costner.
11.50 The Vault of Horror 15
(1973) Anthology of macabre
tales, starring Daniel Massey.
1.25 To Die For 15 (1995) Black
comedy, starring Nicole
Kidman. 3.20 Return of the Fly
12 (1959) 4.50 The Earth Dies
Screaming PG (1964)

SPORT

Sky Sports 1

6.00 Soccer AM: The Best Bits
7.00 WWE: Afterburn 8.00
World Cup Cricket 9.00 World
Cup Cricket 10.00 Soccer AM:
The Best Bits 11.00 World Cup
Cricket 12.00 World Cup
Cricket 1.00 Live World Cup
Cricket. South Africa v
Scotland. 10.00 You're on Sky
Sports! 11.00 Revista De La
Liga 12.00 Speedway 2.00
Revista De La Liga 3.00 You're
on Sky Sports! 4.00 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30
High Altitude 7.00 Aerobics Oz
Style 7.30 High Altitude 8.00
Speedway 10.00 World Motor
Sport 12.30 Speedway 2.30
Soccer AM: The Best Bits 3.30
World Motor Sport 6.00 High
Altitude 6.30 Revista De La
Liga 7.30 Live Speedway.
Peterborough Panthers v
Reading Bulldogs. 9.30 Spirit
of Yachting 10.00 Poker 12.00
Sports Unlimited 1.00 Carp
Fest 2006 2.00 Close

Sky Sports 3

8.30 FEI Equestrian World 9.00
Bass Fishing 10.00 Carp Fest
2006 11.00 Racing News 11.30
Aerobics Oz Style 12.00 Bass
Fishing 1.00 Max Power 2.00
High Altitude 2.30 FEI
Equestrian World 3.00 Carp
Fest 2006 4.00 Bass Fishing
5.00 WWE: Smackdown 7.00
Spirit of Yachting 7.30 Live
Greyhound Racing. The
Trainers Championship. 10.00

Carp Fest 2006 11.00 World
Pool Trickshots 1.00 Triathlon
2.00 Close

British Eurosport

7.30 Seoul Marathon 8.00 Live
Figure Skating. The 2007 World
Championships. 11.45 Live
Curling. Germany v Scotland.
2.00 Live Cycling. Stage seven
of the Tirreno-Adriatico road
race. 3.00 Eurogoals 4.00 Figure
Skating 6.00 Figure Skating
8.00 Live Boxing. A top bout.
10.00 Test Drive 10.30 Cycling
11.30 Winterpark Weekend
12.00 Volleyball 12.30 Close

Sky Sports Xtra

4.00 High Altitude 7.30 360
Surfing 5.00 Sports Unlimited
6.00 Aerobics Oz Style 6.30
360 Surfing 7.00 Sports
Unlimited 8.00 Bass Fishing
9.00 360 Surfing 9.30 High
Altitude 10.00 Sports Unlimited
11.00 High Altitude 11.30 Spirit
of Yachting 12.00 360 Surfing
12.30 Spirit of Equestrian 1.00
High Altitude 1.30 Spirit of
Yachting 2.00 Close

(R)-repeat programme;

(T)-programme with teletext

subtitles;

(S)-programme broadcast in

stereo;

(bw)-black and white.

Special

HEALTH INSURANCE

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PAT Care

BBC1

6.00 Breakfast. (T) 9.15 Don't Get Done, Get Dom. (T) 10.00 Escape to the Country; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Car Booty; (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Maya & Miguel. (R) (T) 3.45 The Likeaballs. (R) (T) 4.00 Whizz Whizz Bang Bang. (T) 4.30 The Slammer. (R) (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Will asks family friend Selma to pose as his mother - but Carmella suspects the pair are lying. Allan takes Janelle on a first date, but ends up assisting with an arrest. Stingray and Sky share a kiss to convince her colleagues she is off the market, and Ned's desperation leads him to gambling. (R) (T) BBC News; Weather. (T)

6.00 Regional News Programmes; Weather. (T) 7.00 Women on Fire. Concluding part. Aimi Walker-Brownlow and Sarah Clark continue their quest to become fire fighters, but the remaining eight days of training push them to their physical and emotional limits. As the final assessment looms, the women reflect on the responsibility their chosen career entails, and the pressure they're under to make the grade. (T)

7.30 My Family. Janey becomes involved with a married man and chaos ensues when his wife confronts Susan about the situation, while Michael concocts another money-making racket. (R) (T)

8.00 Watchdog. Investigation show, fighting for consumers' rights. Nickey Campbell, Julia Bradbury and Paul Heiney present. (T) 8.30 Seaside Rescue. A land and sea search is launched after a man takes to the sea in a kayak at Zam, and a trip in an inflatable dinghy in Perranporth has serious consequences for two young boys. (T)

9.00 New Street Law. (T) 10.00 BBC News at Ten O'Clock. (T) 10.30 Regional News; Weather. (T) 10.35 Budget Statement by the Chancellor. Chancellor Gordon Brown discusses his Budget. (T)

10.40 The National Lottery Draws. Duncan James sets the balls rolling to decide the all-important numbers. (T) 10.45 FILM: Scary Movie 3 (2003). Premiere. Comedy, starring Anna Faris; (T) National Lottery Update.

12.00 Cricket World Cup. (T) 1.05 Sign Zone: Jimmy's Farm Divides. (R) (T) 1.35 Sign Zone: The Madness of Modern Families. (R) (T) 2.05 Sign Zone: A Very English Village. (R) (T) 2.55 Sign Zone: Gene Detectives. (R) (T) 3.40 Sign Zone: Gene Detectives. (R) (T) 4.25 BBC News 24. (T) 5.00 Cricket World Cup. (R) (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.25 The Story Makers; (R) (T) Fimbles Songtime. (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Astro Boy. (R) (T) 7.20 Diddy Dick & Dom; (R) (T) Newsround. (T) 7.30 Even Stevens. (R) (T) 7.50 Baffink. 8.00 The Cramp Twins. (R) (T) 8.15 ChuckleVision. (R) (T) 8.30 CBeebies: Tommy Zoom. (T) 8.40 Numberjacks. (T) 9.00 Nina and the Neurons. (T) 9.15 Lunar Jim. (R) (T) 9.25 Me Too! (T) 9.45 Mama Mirabelle's Home Movies. (T) 10.00 In the Night Garden. (T) 10.30 Star Trek: The Next Generation. (R) (T) 11.15 The Flying Gardener. (R) (T) 11.30 Budget Special. (T) 2.30 Figure Skating. (T) 3.15 Sudo-Q. (T) 3.45 Fog It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (T) 6.30 A Taste of My Life. (R) (T) 7.00 Top Gear. Building custom stretch limousines. Last in series. (R) (T) 8.00 Dragons' Den. Catching up with memorable entrepreneurs from previous shows. Last in series. (T) 9.00 Party Animals. Jo's career hangs in the balance when her husband sells a kiss-and-tell story to the tabloids, and Scott receives an anonymous CD containing photos of Ashika and James. Last in series. (T) 9.50 Don't Watch That. Watch This! Re-edited news footage featuring George Bush. (T) 10.00 Have I Got Old News for You. Dara O'Briain hosts. (R) (T) 10.30 Newsnight. (T) 11.20 Budget Statement by the Chancellor. (R) 11.25 Iraq Week: The Trial of Saddam Hussein. (T) 12.15 Taken. (R) (T) 1.40 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

Relocation, Relocation (C4, 8pm)

These days, getting a foot on the bottom rung of the housing ladder can be a real struggle, thanks to the boom in prices. For those hoping to progress to a larger property, things can be tricky too - the pitfalls of buying a house can be expensive and induce stress levels to rise. Thankfully then, for the lucky people featured in this series, experts Phil Spencer and Kirstie Allsopp are on hand to offer advice and a shoulder to cry on when things go a bit pear-shaped. So far in this series, we've gone back to see how a mum and her daughter coped with running a rural pub, a family hoping to set up a hot-tub business, and found out how expensive finding a home in Paris can be. This week, we catch up with Fiona and Tom Butcher. Four years ago, they upped sticks from London to Scotland, and wanted to split the proceeds from the sale of their abode to buy a pad in the country and one in Glasgow. Their aim was to strike a balance between their home and working lives - but did they achieve their goal? Kirstie and Phil find out as they pay the growing family a long overdue visit.

C4

6.00 Cubeez. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Friends. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Just Shoot Me. (R) (T) 8.55 Frasier. (R) (T) 9.30 My Crazy Life; (R) (T) 3 Minute Wonder. (R) (T) 10.00 That'll Teach 'Em: Boys Versus Girls; (R) (T) 3 Minute Wonder. (R) (T) 11.00 How to Dump Your Mates; (R) (T) 3 Minute Wonder. (R) (T) 11.30 Don't Make Me Angry; (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 Seaside Secrets. (R) 12.45 FILM: The Undefeated (1969). Western, starring John Wayne. (T) 2.55 Room for Improvement. (R) (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: City of Cranes. The ballet of five at an urban construction site. (T) 8.00 Relocation, Relocation. Kirstie Allsopp and Phil Spencer revisit a London couple who moved 500 miles north to the Scottish countryside, in the hope of striking a balance between city and rural living. (T) 9.00 Grand Designs. Converting a solarium into a penthouse in Bournemouth. (T) 10.00 Desperate Housewives. Mike's new lawyer suggests he should plead guilty. (T) 11.05 Gordon Ramsay's F Word. (R) (T) 12.05 My Name Is Earl. (R) (T) 12.35 The War at Home. (T) 1.00 The War at Home. (T) 1.30 The Osbournes. (R) (T) 2.00 The Osbournes. (R) (T) 2.30 Bob and Margaret. (R) (T) 2.55 The Jamie Kennedy Experiment. (R) (T) 3.45 Abductees. (R) 4.00 Wild Things. (R) (T) 4.45 The Mummy Road Show. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Old Bear Stories. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 Hi-5. (R) (T) 7.20 The Beeps. (T) 7.30 Little Princess. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerdolls. (R) (T) 8.15 Peppa Pig. (T) 8.20 Thomas & Friends. (R) (T) 8.35 Funky Valley. (R) (T) 8.40 Titch. (R) (T) 8.50 Mio Mao. 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 BrainTeaser. (T) 1.30 FILM: A Nightmare Come True (1997). Thriller, with Gerald McRaney. (T) 3.30 FILM: Colombo Cries Wolf (1990). Detective drama, starring Peter Falk. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Everybody Hates Chris. (R) (T) 7.00 five news. (T) 7.15 Lemur Island. The Graveyard gang embark on an early-morning hunt that leads to a run-in with some rival males, and in the chaos that follows six-month-old Hogarth is left stranded in the wilderness; (T) 7.15 five news update. (T) 8.00 Child in a Million. Two brothers undergo cerna transplant surgery; (T) 8.00 five news at 9.00 FILM: Solo (1996). Dire sci-fi thriller, starring Mario Van Peebles as an android killing machine sent to destroy the rebels in a Latin American war, who decides to protect his targets. With William Sadler. (T) 10.55 Disorderly Conduct. (T) 12.00 Partypoker.com European Open. (T) 1.30 NHL Ice Hockey. (T) 3.55 Boxing Classic. (R) 4.45 Football Argentina. (S)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 Daily Cooks. 3.59 London Weather. (T) 4.00 Agatha Christie's Poirot. (R) (T)

5.00 Soapstar Superchef. A team of actors from Hollyoaks take on those from Emmerdale to reveal their culinary skills, with Jean-Christophe Novelli and Rosemary Shrager on the judging panel. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 6.55 Budget Broadcast. Chancellor Gordon Brown discusses his Budget. (T)

7.00 Emmerdale. Edna is unimpressed when Debbie sets off fireworks at Daz's birthday party, where a furious row erupts between Jack and Billy over the adoption. Jimmy and Carl try to talk Matthew round to their way of thinking about Carrie's demands, but he refuses to be swayed. (T)

7.30 Coronation Street. Tracy is furious to see Peter leaving Maria's flat and tries to attack the hairdresser, dragging Deirdre into the conflict. Janice goes to extreme lengths to stop Leanne working as an escort. Derek asks Liz on another date, and Roy puts on a brave face when the Mortons' new takeaway proves popular. (T)

8.00 The Bill. An overworked Smithy loses his cool and accidentally reveals to a worried woman that her husband has been held on suspicion of stalking a prostitute. Mickey undertakes PR work with the local Neighbourhood Watch group on the Jasmine Allen Estate, but when he makes two arrests during a drugs deal, he becomes drawn into investigating a joyriding incident. Michael Maloney goes stars. (T)

9.00 FILM: Along Came Polly (2004). Premiere. A cautious man has his routine thrown into disarray when he encounters a wildly spontaneous former classmate. Romantic comedy, starring Ben Stiller and Jennifer Aniston. Continues after the news. (T) 10.30 ITV News; Weather. (T) 11.00 FILM: Along Came Polly (2004). Concluded. (T)

11.20 Harry Hill's TV Burp. The comic presents a quirky review of recent programmes, casting his eye over TV favourites including Lemur Island, Wags' Boutique and Lewis. (R) (T)

11.50 Steven Seagal's Playlist. Jayne Middlemiss meets the Hollywood actor, who chooses five tracks from his past and present, including his all-time favourite. (T)

12.15 Glitterball; ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Los Ricos Tambien
Lloran 1505 Portugal No
Coração 1715 Lingo 1800
Portugal em Directo 1955
Direito de Antena 0220
Capturing the Friendmans, film

RTP2
0700 Magazine 0720 Mostra
0730 Zig Zag, cartoons 1400
Sociedade Civil 1530 Portugal
um Retrato Ambiental 1600
entre Nós 1630 EuroNews
1700 Peixe Vampiro 1730
Discovery Hour 1830 Fé dos
Homens 1900 Biosfere 1945
Zig Zag 2045 Yes Dear 2115
Discovery Hour 2200 News
2230 Ossos 2315 Behind the
Scene 2300 Clube de
Imprensa 0030 The Guardian
0145 Peixe Vampiro 0215
Biosfere 0300 Da Terra ao
Mar 0345 Consigo 0415
Sociedade Civil

SIC
0645 Sic Kids 0830 Floribela
1000 Fátima 1300 News 1400
O Profeta 1445 Laços de
Família 1530 Contacto 1715
Floribela 1900 Sinhá Moça
0215 Bang Bang 0315
Ganância

TVI
0700 Diário Da Manhã 1000
Vocês na TV 1300 News 1400
Inspector Max 1500 Anjo
Salvagem 1600 Quem Quer
Ganha 1800 Mornagos com
Acucar 2000 News 2115
Morangos com Acucar 2200
Tempo de Viver 0200 The Tie
That Binds, film

Best of the Rest

BBC3
7.00 Anthea Turner: Perfect
Housewife 8.00 Castaway:
The Last 24 Hours 8.30
Conning the Conmen 9.00
Freaky Eaters 10.00 Ideal
10.30 Spacehopper 11.00
Castaway: The Last 24 Hours
11.30 Two Pints of Lager and
a Packet of Crisps 12.00 Two
Pints of Lager and a Packet
of Crisps 12.30 Freaky
Eaters 1.25 American Dad!
1.45 American Dad! 2.10 Two
Pints of Lager and a Packet
of Crisps 2.40 Two Pints of
Lager and a Packet of Crisps
3.10 Ideal 3.40 Spacehopper
4.00 Close

BBC4
7.00 Planet Earth 8.00 The
World 8.00 Weather 8.30 All
Mod Cons 9.00 Racism: A
History 10.00 Hotel 10.30
Tight Spot 10.30 Stuck 11.00
Hotel 11.30 The Underground:
Arena 12.30 Racism: A
History 1.30 Proms on Four
3.20 Racism: A History 4.20
Close

ITV2
1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 Ricki
Lake 3.25 The Jeremy Kyle
Show 4.30 Sally Jessy
Raphael 5.15 Airline USA 5.45
The Judge Judy 7.00 Smallville
8.00 New Homes from Hell
9.00 Film: Daylight 12 (1996)
11.10 Coronation Street
11.40 Film: Species III 15
(2004) 1.50 Comedy Cuts
2.15 Glitterball: ITV Play 4.00
Teleshopping 6.00 Close

Sky One
1.00 Angel 2.00 Tru Calling

3.00 Jake 2.0 4.00 Stargate
SG-1 5.00 Stargate SG-1 6.00
Stargate Atlantis 7.00 The
Simpsons 7.30 The Simpsons
8.00 Futurama 8.30 Futurama
9.00 The Dresden Files 10.00
Lost 11.00 Cold Case 12.00
Unsolved Crimes USA 1.00
Road Wars 1.50 Uncut! The
Villa 2.40 Stargate Atlantis
3.30 The 4400 4.20 Tru Calling
5.10 Star Trek: Voyager

UKTV Gold
1.00 Last of the Summer
Wine 1.40 Keeping Up
Appearances 2.20 The Good
Life 3.00 My Family 3.40
Porridge 4.20 dinnerladies
5.00 The Bill 6.00 The Bill
7.00 dinnerladies 7.40
Porridge 8.20 My Family 9.00
Only Fools and Horses 9.40
Open All Hours 10.20 One
Foot in the Grave 11.00 Only
Fools and Horses 11.40 Open
All Hours 12.20 One Foot in
the Grave 1.00 Gimme
Gimme Gimme 1.40 Blessed
2.10 Holby City 3.05
Ballykissangel 3.55
Ballykissangel 4.45
Ballykissangel 5.35
Neighbours

TCM
1.30 Lili U (1953) 3.00 Murder
Most Foul U (1964) 4.45 The
Last Time I Saw Paris PG
(1954) 7.00 Kismet U (1955)
9.00 Maybe Baby 15 (2000)
10.55 Brotherly Love 15
(1989) 1.05 The Password Is
Courage U (1962) 3.00
Teleshopping

The Disney Channel
Kids' programmes from 7am,
except:

MOVIES

Sky Movies 1

6.30 Taken Away PG (1996) 8.05
A Child's Cry for Help PG (1994)
9.40 A Bear Named Winnie PG
(2004) 11.20 Rebound PG (2005)
Sporting comedy, starring Martin
Lawrence. 1.00 Indie on Sky
Movies 1.20 Taken Away PG
(1996) Powerful drama, with Jill
Eikenberry. 2.55 A Child's Cry for
Help PG (1994) Emotional drama,
with Veronica Hamel. 4.30 A Bear
Named Winnie PG (2004) Fact-
based drama, starring Michael
Fassbender. 6.20 Rebound PG
(2005) Sporting comedy, starring
Martin Lawrence. 8.00 Breakfast
on Pluto 15 (2005) Premiere.
Drama, starring Cillian Murphy.
10.15 Running Scared 18 (2006)
Gritty thriller, starring Paul
Walker. 12.20 Ladder42 (2004)
Firefighting drama, starring
Joachim Phoenix. 2.20 Johnson
Family Vacation 12 (2004)
Comedy, starring Cedric the
Entertainer. 4.00 Outrage 15
(1998) 5.35 A Child's Cry for
Help PG (1994)

Sky Movies 2

6.20 A Father's Son PG (1999)
8.00 A Marriage of Convenience
PG (1998) 9.35 Her Own Rules
PG (1998) 11.05 Sky High PG
(2005) Comedy, starring Kurt
Russell. 12.45 A Marriage of
Convenience PG (1998) Drama,
starring Jane Seymour. 2.20 Her
Own Rules PG (1998) Drama,
starring Melissa Gilbert. 4.00 Max
Rules: Adventures of a Superspy
U (2005) Children's adventure,
starring William B. Davis. 5.45

Sky Movies News 6.15 Sky High
PG (2005) Comedy, starring Kurt
Russell. 8.00 American Pie
Presents: Band Camp 15 (2005)
Comedy sequel, starring Tad
Hilgenbrink. 9.45 Catch a Fire -
Sky Movies Special 10.00 The
Dukes of Hazzard 12 (2005)
Comedy, starring Seann William
Scott and Johnny Knoxville.
11.50 Sideways 15 (2004)
Acclaimed comedy, starring Paul
Giamatti. 2.00 Before and After
12 (1996) Drama, starring Meryl
Streep. 4.00 300 - Sky Movies
Special 4.20 Max Rules:
Adventures of a Superspy U
(2005)

Sky Cinema 1

6.00 Cops U (1922) 6.30 Kiss Me,
Stupid PG (1964) 8.40 The
Phantom of the Opera PG (1943)
10.20 Blackbeard's Ghost U
(1967) 12.15 The Rough House
PG (1917) Side-splitting domestic
comedy, starring Buster Keaton.
12.45 Clambake U (1967)
Musical, with Elvis Presley. 2.35
The Phantom of the Opera PG
(1943) Musical drama, with Claude
Rains. 4.20 Blackbeard's Ghost
U (1967) Disney fantasy, starring
Peter Ustinov. 6.15 Clambake U
(1967) Musical, with Elvis
Presley. 8.00 The Girl on the
Bridge 15 (2000) French drama,
starring Vanessa Paradis. 9.45
UK Top 10 10.00 Ong-Bak 18
(2005) Martial arts adventure,
starring Tony Jaa. 11.50 The
Whodunit Pool 12 (1975)
Whodunit, starring Paul Newman.
1.45 Slap Shot 18 (1977) Comedy,
starring Paul Newman. 3.50 Kiss
Me, Stupid PG (1964)

Sky Sports 1

6.00 You're on Sky Sports!
7.00 WWE: Heat 8.00 World
Cup Cricket 9.00 World Cup
Cricket 10.00 Revista De
La Liga 11.00 World Cup
Cricket 12.00 World Cup
Cricket 1.00 Live World Cup
Cricket. Pakistan v
Zimbabwe. 11.00 Boots 'n'
All 12.00 Conference
Football 1.30 Poker 3.30
You're on Sky Sports! 4.30
Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30
High Altitude 7.00 Aerobics
Oz Style 7.30 High Altitude
8.00 Sports Unlimited 9.00
High Altitude 9.30 Spirit of
Yachting 10.00 Poker 12.00
Speedway 2.00 Poker 4.00
Speedway 6.00 European
Tour Weekly 6.30 Boots 'n'
All 7.30 Live Conference
Football. Halifax Town v
Oxford United (Kick-off
7.45pm). 10.00 You're on
Sky Sports! 11.00 European
Tour Weekly 11.30 Total
Rugby 12.00 Max Power 1.00
Carp Fest 2006 2.00 Boots
'n' All 3.00 Close

Sky Sports 3

10.00 Carp Fest 2006 11.00
Racing News 11.30 Aerobics
Oz Style 12.00 Sports
Unlimited 1.00 Thinking
Tackle 2.00 High Altitude
2.30 Spirit of Yachting 3.00
Carp Fest 2006 4.00 Sports
Unlimited 5.00 WWE:

Bottom Line 6.00 WWE:
Afterburn 7.00 British
Motocross 8.00 European
Tour Weekly 8.30 Total
Rugby 9.00 Boots 'n' All
10.00 Watersports World
11.00 Transworld Sport
12.00 Pool 1.00 Pool 2.00
Close

British Eurosport

7.30 Live Figure Skating.
Coverage of the 2007 World
Championships. 9.15
Curling 10.45 Live Figure
Skating. The 2007 World
Championships. 2.00
Curling 4.00 Swimming 5.00
Figure Skating 6.30 Live
Cross-Country Skiing.
World Cup coverage from
Stockholm. 8.00 Sailing 8.05
Wednesday Selection 8.10
Riders Club 8.15
Wednesday Selection 8.20
US PGA Golf 9.20 European
Tour Golf 9.50 Golf Cup
9.55 Yacht Club 10.00
Volleyball 10.30 Seoul
Marathon 11.00 Figure
Skating 12.30 Close

Sky Sports Xtra

4.00 High Altitude 4.30 360
Surfing 5.00 Max Power 6.00
Total Rugby 6.30 Irish
Greyhound Racing 7.00 Pool
8.00 Pool 9.00 High Altitude
9.30 Irish Greyhound Racing
10.00 Max Power 11.00 High
Altitude 11.30 Irish Greyhound
Racing 12.00 360 Surfing
12.30 Spirit of Equestrian 1.00
High Altitude 1.30 European
Tour Weekly 2.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Don't Get Done, Get Dom. (T) 10.00 Escape to the Country; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Car Booty; (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Maya & Miguel. (R) (T) 3.45 The Likeaballs. (R) (T) 4.00 Whizz Whizz Bang Bang. (T) 4.30 The Slammer. (R) (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Allan and Janelle plan a romantic trip to the forest, unaware that Zeke and Bree have stowed away in their trunk to go and search for Katya. Carmella's suspicions about Will cause her to end the relationship, and Paul wastes no time trying to push him together with Elle. (R) (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 Real Story with Fiona Bruce. An investigation into why hundreds of British nurses are choosing to emigrate to Australia, and how this exodus could cripple the NHS in years to come. Fiona Bruce reports from Down Under as two nurses set out to make a new life for themselves. (T)

7.30 EastEnders. Stacey sets out to impress Max, but is annoyed when he thinks she's at his beck and call. Phil is pleased when Stella gives Ben a late birthday present that seems to bring them together, while Honey and Billy have trouble talking about recent developments. (T)

8.00 Waterloo Band. Year 11 work experience starts with a bang when Maxine is accused of stealing, and Mika causes trouble by unwittingly revealing Brett's fling with Davina. Tom and Lorna grow increasingly close, much to Izze's dismay, and things begin to heat up when the pair share a few drinks. Jill Halfpenny and Camilla Power star. (T)

9.00 Hotel Babylon. A former nurse who has found fame as a reality TV star reserves a room in the hotel. Gino becomes besotted with her, while Luke sees an opportunity for blackmail. Jackie is delighted when a novelist she admires checks in prior to his latest book launch, but a private meeting leaves her shaken. Jennifer Ellison guest stars. (T)

10.00 BBC News at Ten O'Clock. (T)
10.30 Regional News; Weather. (T)
10.35 Budget Response. The Conservative Party's response to yesterday's Budget. (T)

10.40 Question Time. (T)
11.40 This Week. (T)
12.25 Cricket World Cup; (T) Weatherview. 1.30 Sign Zone: Panorama. (R) (T) 2.00 Sign Zone: Blair: The Inside Story. (R) (T) 3.00 Sign Zone: When Love Comes to Town. (R) (T) 3.30 Sign Zone: Sleep Clinic. (R) (T) 4.00 Sign Zone: Gene Detectives. (R) (T) 4.45 BBC News 24. (T) 5.00 Cricket World Cup. (R) (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.25 The Story Makers; (R) (T) Fimbles Songtime. (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Astro Boy. (T) 7.20 Diddy Dick & Dom; (R) (T) Newsround. (T) 7.30 Even Stevens. (R) (T) 7.50 Batfink. (R) (T) 8.00 The Cramp Twins. (R) (T) 8.15 ChuckleVision. (R) (T) 8.30 CBeebies: Tommy Zoom. (T) 8.40 Numberjacks. (T) 9.00 Nina and the Neurons. (T) 9.15 Lunar Jim. (T) 9.25 Me Too! (T) 9.45 Mamma Mirabelle's Home Movies. (T) 10.00 In the Night Garden. (T) 10.30 Schools: Look and Read. (T) 10.50 BBC Primary Geography. (T) 11.10 English Express. (T) 11.40 Seasonal Snapshots. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Family Xchange. (R) (T) 1.45 Animal Park. (T) 2.15 Figure Skating. (T) 3.15 Sudo-Q. (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (T) 6.30 A Taste of My Life. (R) (T) 7.00 My Life as a Child. Youngsters trying to find their place in the world. (T) 7.30 Rick Stein's Food Heroes. Traditional foodstuffs. (R) (T) 8.00 The Hairy Bikers Ride Again. New series. Simon King and David Myers travel to southern India. (T) 8.30 It's Not Easy Being Green. New series. A family aim to build an eco-friendly house. (T) 9.00 Fear, Stress & Anger. Gran ends up in hospital. (T) 9.30 Dead Ringers. Satirical impressions and sketches. (T) 10.00 The Graham Norton Show. Comedy talk show. (T) 10.30 Newsnight. (T) 11.20 Budget Response. (R) (T) 11.25 Desi DNA. (T) 11.55 Time Shift: BBC Four on BBC Two. (T) 12.25 Talkin'. (R) (T) 1.50 The Witness. (R) (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

The Hairy Bikers Ride Again (BBC2, 8pm)

Dave Myers and Si King - aka The Hairy Bikers - return to BBC Two for a third series, and as usual they'll be searching for top nosh and great locations. Currently starring on Saturday Kitchen, the duo will be crossing southern India and enjoying the finest vegetarian food on the planet, sampling the glories of Belgium, storming through Argentina, and eating their way through Morocco. Along the way they'll be searching for the perfect chip, wondering why they speak Welsh in Patagonia, trying a spot of skiing, and discovering why the Royal Enfield Bullet is still India's best-loved motorbike. This opening instalment sees the pair begin their quest in Madras - or Chennai as it's been called since 1996. Amid the hustle and bustle, they come across food that's very different from the northern Indian treats the world is so used to. After a day foraging in fragrant Kumuli, the country's spice capital, the bikers head through the jungle to a maharajah's palace, where they cook up a storm and encounter some elephants. So, settle back, relax and prepare to have your taste buds tickled.

C4

6.00 Grabbit the Rabbit. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Friends. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Just Shoot Me. (R) (T) 8.55 Frasier. (R) (T) 9.30 My Crazy Life; (R) (T) 3 Minute Wonder. (R) (T) 10.00 That'll Teach 'Em: Boys Versus Girls; (R) (T) 3 Minute Wonder. (R) (T) 11.00 How to Dump Your Mate; (R) (T) 3 Minute Wonder. (R) (T) 11.30 Don't Make Me Angry; (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 FILM: Captain Scarlett (1953). Swashbuckling adventure, starring Richard Greene. (T) 1.55 Room for Improvement. (R) (T) 2.25 A Place in the Sun. (R) (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: City of Cranes. A crane driver's view of the world. Last in series. (T) 8.00 Chaos at the Chateau. New series. A couple from Essex embark on a project to turn a chateau in Slovakia into a luxury boutique hotel, beginning by searching for a suitable property to renovate. (T) 9.00 The Yellow House. (T) 10.30 FILM: The Business (2005). Premiere. A gangster swaps the mean streets of London for the sun-drenched beaches of Malaga, but he's soon dragged back into a life of crime. Comedy drama, starring Danny Dyer. (T) 12.15 4Music Presents: Good Charlotte. (T) 12.50 4Music: Wireless Festival. (R) (T) 1.55 FILM: Checking Out (1989). Black comedy, starring Jeff Daniels. (T) 3.25 Animal Farm. (R) 4.25 Dispatches: When Did You Last Beat Your Wife? (R) (T) 5.20 3 Minute Wonder: War Tom. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Old Bear Stories. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 Hi-5. (R) (T) 7.20 The Beeps. (T) 7.30 Little Princess. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerbots. (R) (T) 8.15 Peppa Pig. (T) 8.20 Thomas & Friends. (R) (T) 8.40 Titch. (R) (T) 8.50 Mio Mao. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 BrainTeaser. (T) 1.35 FILM: The Jayhawkers (1959). Western adventure, starring Jeff Chandler. (T) 3.35 five news update. (T) 3.40 FILM: Target Unknown (1951). World War Two drama, starring Mark Stevens. (T) (bw) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Everybody Hates Chris. (R) (T) 7.00 five news. (T) 7.15 Colin and Justin's How Not to Decorate. A kitsch Seventies semi in Romford; (R) (T) 7.15 five news update. 8.00 Ann Maurice: Interior Rivalry. New series. Searching for Britain's best home-stager; (T) 8.00 five news at 9. 9.00 House. New series. The medic takes on two cases of paralysis. (T) 10.00 Shark. New legal drama, starring James Woods. Attorney Sebastian Stark becomes disillusioned with the law when a former client murders his wife six days after being acquitted. (T) 11.00 CSI: Crime Scene Investigation. (R) (T) 12.00 Football Night. 1.00 Quiz Call. 4.00 Football Argentina Highlights. 4.50 Dutch Football.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 Daily Cooks. 3.59 London Weather. (T) 4.00 Agatha Christie's Poirot. (R) (T)

5.00 Soapstar Superchef. Two more teams of soap actors hit the kitchen. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)
6.55 Budget Response. By the Conservative Party. (T)

7.00 Emmerdale. Louise continues to annoy Alan by interfering in the pageant and she resigns from the committee, causing Betty to grow concerned for him. Billy tells Edna he won't block Daz's adoption, while Zak and Lisa accompany Belle on her first day at private school. (T)

7.30 Tales from the Country. Selina Scott visits Suffolk to catch the evening swirl of thousands of starlings. Meanwhile, Tony Francis comes face to face with the glis glis, a squirrel-like rodent introduced to Hertfordshire by a local lord - and which has been causing problems for the locals ever since. (T)

8.00 The Bill. Smithy encounters Ryan Jones again and finds the battered corpse of his wife Connie in the boot of his car. As the murderer makes his getaway in the London Underground, it soon becomes clear he has a personal vendetta against the Sun Hill desk sergeant and plans further killings, working his way through Smithy's address book - beginning with his mother Pauline. (T)

9.00 Taggart. Burke tackles a copycat killing inspired by a murder committed 20 years previously when a body wrapped in bin bags is recovered from the Clyde. Enlisting the help of celebrated pathologist Irene Russell, he races to solve the case before more victims die. As events unfold, it becomes clear that the ultimate target may be someone at the heart of the investigation. Alison Peebles guest stars. (R) (T)

10.30 ITV News; Weather. (T)
11.00 Q-Cars - Robbery Squad. New series following the day-to-day work of unmarked Metropolitan Police cars. The Q-Cars teams are called when a man is seen carrying a gun in a busy North London high street.

11.30 Hancock's Half-Time. Nick Hancock and Sarah-Jane Mees present a round-up of the week's football action, news and gossip.

12.00 Make Your Play; ITV News Headlines. 4.10 Make Me Perfect. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 0900
Natal dos Hospitais 1300
News 1415 Natal dos
Hospitais 2000 News 2100
Grande Entrevista com
Henrique Granadeiro 2145
Contra Informação 0045 A
Muder In Announced, film
0400 Teleales 0605 Nós
0625 Boletim das Pescas

RTP2

0700 Magazine 0720 Mostral
0730 Zig Zag cartoons 1400
Sociedade Civil 1530
Portugal, um Retrato
Ambiental 1600 entre Nós
1630 EuroNews 1700
National Geographic 1730
Discovery Hour 1830 Fé
dos Homens 1900 Initiative
1945 Zig Zag 2045 Yes Dear
2145 Discovery Hour 2200
News 2230 The Twilight Zone
2330 A Revolta dos Pastéis
0100 All the President's Men, film
0530 Euronews

SIC

0645 Sic Kids 0830Floribela
1000 Fátima 1300 News
1400 O Profeta 1445 Laços
de Família 1530 Contacto
1715 Floribella 2045 News
2000 News 2145 Floribella
2215 Cobras & Lagartos
2315 Jura

TVI

0700 Diário Da Manhã 1000
Você na TV 1300 News 1400
Inspector Max 1500 Anjo
Selvagem 1600 Quem Quer
Ganha 1800 Morangos com
Açúcar 2115 Morangos Com
Açúcar 2215 TVI Gala 0015
Dr House 0130 Cartaz das
Artes 0430 CSI

Best of the Rest

BBC3

7.00 Anthea Turner: Perfect
Housewife 8.00 Castaway:
The Last 24 Hours 8.30 Rush
Hour 9.00 Freaky Eaters
10.00 EastEnders 10.30 The
Real Hustle 11.00 Conning the
Commen 11.30
Castaway: The Last 24
Hours 12.00 Freaky Eaters
12.55 Emergency Measures
1.25 The Real Hustle 1.55
Spendaholics Saved My Life
2.50 The Real Dirty Dancin
3.50 Close

BBC4

7.00 Sounds of the Sixties
7.10 The Avengers 8.00 The
World 8.00 Weather 8.30 The
Waiting Room 9.00 North
Korea: Crossing the Line
10.30 Storyville: Abduction
11.50 Tight Spot 11.50 Stuck
12.20 The Waiting Room
12.50 North Korea: Crossing
the Line 2.20 BBC Proms
2006 4.25 Close

ITV2

1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 Ricki
Lake 3.20 The Jeremy Kyle
Show 4.25 Sally Jessy
Raphael 5.15 Airline USA
5.45 Judge Judy 7.00
Smallville 8.00 Wags'
Boutique 9.00 Film:
Passenger 57 15 (1992)
10.40 Supernatural 11.40
Comedy Cuts 12.10 Film:
Out of Sight 15 (1998) 2.20
Make Your Play: ITV Play
4.00 Teleshopping 6.00 Close

Sky One

1.00 Angel 2.00 Tru Calling
3.00 Jake 2.0 4.00 Stargate
SG-1 5.00 Stargate SG-1

6.00 Stargate Atlantis 7.00
The Simpsons 7.30 The
Simpsons 8.00 The Simpsons
8.30 The Simpsons 9.00
Bones 10.00 Cold Case
11.00 Cold Case 12.00
Unsolved Crimes USA 1.00
Sport Uncovered 1.50
Uncut! The Villa 2.40
Stargate Atlantis 3.30 The
4400 4.20 Tru Calling 5.10
Star Trek: Voyager

UKTV Gold

1.00 Last of the Summer
Wine 1.40 Keeping Up
Appearances 2.20 The Good
Life 3.00 My Family 3.40
Porridge 4.20 dinnerladies
5.00 The Bill 6.00 The Bill
7.00 dinnerladies 7.40
Porridge 8.20 My Family
9.00 Only Fools and Horses
9.40 Open All Hours 10.20
I'm Alan Partridge 11.00 Only
Fools and Horses 11.40
Open All Hours 12.20 I'm
Alan Partridge 1.00 Early
Doors 1.40 Blessed 2.10
Holby City 3.05
Ballykissangel 3.55
Ballykissangel 4.45
Ballykissangel 5.35
Neighbours

TCM

3.00 Doctor Zhivago PG
(1965) 6.30 Behind the
Scenes: Doctor Zhivago
6.55 Kim U (1950) 9.00 The
Wild Geese 15 (1978) 11.30
Escape from Fort Bravo U
(1953) 1.15 The Fearless
Vampire Killers 12 (1967)
3.00 Teleshopping

The Disney Channel

Kids' programmes from 7am,
except:

MOVIES

Sky Movies 1

7.10 Unstrung Heroes PG
(1995) 8.45 A Pyromaniac's
Love Story PG (1995) 10.25
Balto U (1995) 11.45 Like
Mike 2: Streetball PG (2006)
Sporting comedy starring
Jascha Washington. 1.30
Unstrung Heroes PG (1995)
Heart-warming comedy,
starring Andie MacDowell.
3.10 A Pyromaniac's Love
Story PG (1995) Comedy,
starring William Baldwin. 4.50
Balto U (1995) Animation,
with the voice of Kevin
Bacon. 6.15 Like Mike 2:
Streetball PG (2006) Sporting
comedy starring Jascha
Washington. 8.00
Philadelphia 12 (1993)
Drama, starring Tom Hanks.
10.10 Lord of War 15 (2005)
Fast-bred drama, starring
Nicolas Cage. 12.15 Just
Friends 12 (2005) Comedy,
with Ryan Reynolds. 2.55
Never Die Alone 18 (2004)
Crime thriller, starring DMX.
3.30 Hard Eight 18 (1996)
5.15 The First of May U (2000)

Sky Movies 2

6.00 Air Bud: Spikes Back U
(2003) 7.45 Merlin and the
Sword PG (1985) 9.30 Frozen
Impact PG (2002) 11.15
Bewitched PG (2005)
Romantic comedy, starring
Nicole Kidman. 1.00 Merlin
and the Sword PG (1985)
Fantasy adventure, starring
Malcolm McDowell. 2.45
Frozen Impact PG (2002)

Disaster drama, starring
Stacy Keach. 4.30 Air Bud:
Spikes Back U (2003) Family
adventure, starring Katija
Pevec. 6.15 Bewitched PG
(2005) Romantic comedy,
starring Nicole Kidman. 8.00
King Kong 12 (2005) Fantasy
adventure, starring Naomi
Watts. 11.05 Cry-Wolf 15
(2005) Stylish horror, starring
Linday Booth. 1.00 Primal Fear
18 (1996) Courtroom thriller,
starring Richard Gere. 3.10
Broken Flowers 15 (2005) 5.10
Air Bud: Spikes Back U (2003)

Sky Cinema 1

6.00 The Steel Helmet PG
(1951) 7.35 Oh! What
A Lovely War PG (1969) 10.10
The Mudlark U (1950) 11.55
Hell in the Pacific PG (1968)
Tense wartime drama,
starring Lee Marvin. 1.50 The
Steel Helmet PG (1951)
Korean war drama starring
Gene Evans. 3.25 Oh! What
a Lovely War PG (1969) Anti-war
musical, with Ralph
Richardson. 6.00 Hell in the
Pacific PG (1968) Tense
wartime drama, starring Lee
Marvin. 8.00 O Lucky Man!
18 (1973) Offbeat drama.
Malcolm McDowell stars.
10.55 The Entity 18 (1983)
Psychological thriller,
starring Barbara Hershey.
1.05 Hud 15 (1963) Powerful
drama, starring Paul
Newman. 3.00 The Entity 18
(1983) Psychological thriller,
starring Barbara Hershey.
5.05 The Mudlark U (1950)

SPORT

Sky Sports 1

6.00 You're on Sky Sports!
7.00 WWE: Experience 8.00
World Cup Cricket 9.00
World Cup Cricket 10.00
Boots 'n' All 11.00 World
Cup Cricket 12.00 World
Cup Cricket 1.00 Live
World Cup Cricket.
Scotland v Holland. 10.00
FIFA Futbol Mundial 10.30
The Rugby Club 12.00 FIFA
Futbol Mundial 12.30
Premier League Darts 4.00
Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30
High Altitude 7.00 Aerobics
Oz Style 7.30 High Altitude
8.00 Conference Football
9.30 Total Rugby 10.00
European Tour Weekly
10.30 Transworld Sport
11.30 Total Rugby 12.00
European Tour Weekly
12.30 Conference Football
2.00 Transworld Sport 3.00
Conference Football 4.30
Boots 'n' All 5.30 Jack's
Perfect Golfer 6.00 Live
Golf Night. The CA
Championship. 10.00
Jack's Perfect Golfer 10.30
ATP Tennis 11.00 Sailing
11.30 Jack's Perfect Golfer
12.00 Golf Night 4.30
Jack's Perfect Golfer 4.00
Close

Sky Sports 3

7.00 Irish Greyhound
Racing 7.30 Total Rugby
8.00 Watersports World

9.00 Pool 10.00 Pool 11.00
Racing News 11.30
Aerobics Oz Style 12.00
Watersports World 1.00
Boots 'n' All 2.00 High
Altitude 2.30 Irish
Greyhound Racing 3.00
Pool 4.00 Pool 5.00 WWE:
Heat 6.00 The Rugby Club
7.30 Live Premier League
Darts. The eighth meeting
of the season at the SECC
in Glasgow. 11.00 High
Altitude 11.30 NBA Action
12.00 Race World 1.00
Sailing 1.30 Transworld
Sport 2.30 Close

British Eurosport

7.30 Live Figure Skating.
The 2007 World
Championships. 10.30 Ski
Jumping 11.30 Figure
Skating 1.00 Figure Skating
1.30 Curling 3.30 Ski
Jumping 4.30 Figure
Skating 6.00 Figure Skating
8.00 MotoGP 10.00 Poker
11.00 Fight Club 12.00 Test
Drive 12.30 Close

Sky Sports Xtra

4.00 High Altitude 4.30 360
Surfing 5.00 Transworld
Sport 6.00 ATP Tennis 6.30
NBA Action 7.00 Race
World 8.00 Transworld Sport
9.00 WWE: Late Night -
Raw 11.00 Extreme
Championship Wrestling
12.00 360 Surfing 12.30
Spirit of Equestrian 1.00
High Altitude 1.30 ATP
Tennis 2.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Don't Get Done, Get Dom. (T) 10.00 Escape to the Country; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 My Life for Sale; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Maya & Miguel. (R) (T) 3.45 The Likeaballs. (R) (T) 4.00 Whizz Whizz Bang Bang. (T) 4.30 The Underdog Show On CBBC. (T) 5.00 Gina's Laughing Gear. (T) 5.30 Newsround. (T)

5.35 Neighbours. Paul takes Rosetta on an elaborate date. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 A Question of Sport. With 1997 snooker world champion Ken Doherty, former Chelsea and England defender Graeme Le Saux, Commonwealth gold medal-winning heptathlete Kelly Sotherton and WBC Lightweight champion Junior Witter. Presented by Sue Barker, with captains Ally McCoist and Matt Dawson heading the teams. (T)

7.30 Inside Out. Documentary series focusing on stories of interest to the region. Last in series. (T)

8.00 EastEnders. Sean comforts Tanya after she comes to blows with Stacey at the Vic, while Billy finally admits to Honey that they have money problems. May encourages Rob to seek out Dawn when she ignores her calls, and Ian is determined to upset Peggy on her birthday - but soon regrets it. (T)

8.30 A Class Apart. Jessie Wallace stars as a single mother trying to keep her 11-year-old son out of trouble. When he is offered a place at the local failing school, she is angered that he is not allowed to attend a prestigious private school, Nathaniel Parker, sees her plight as an opportunity to get one over on his scheming deputy. (T)

10.00 BBC News at Ten O'Clock. (T)

10.30 Regional News; Weather. (T)

10.35 Budget Response. The Liberal Democrats' response to Wednesday's Budget. (T)

10.40 Friday Night with Jonathan Ross. New series. The host presents a showcase of celebrity chat, musical performances and topical commentary on the week's big events. (T)

11.40 Cricket World Cup. India v Sri Lanka and West Indies v Ireland. Manish Bhasin oversees the action from the Group B and D clashes at the Queen's Park Oval in Trinidad and Sabina Park in Jamaica respectively. (T)

12.40 FILM: In Dreams (1999). Thriller, starring Annette Bening; (T) Weatherwise. 2.20 BBC News 24. (T) 5.00 Cricket World Cup. (R) (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.25 The Story Makers; (R) (T) Fimbles Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Astro Boy. (R) (T) 7.20 Diddy Dick & Dom; (T) Newsround. (T) 7.30 The Story of Tracy Beaker. (R) (T) 7.45 The Underdog Show On CBBC. (T) 8.15 ChuckleVision. (R) (T) 8.30 CBeebies: Tommy Zoom. (T) 8.40 Numberjacks. (T) 9.00 Nina and the Neurons. (T) 9.15 Lunar Jim. (T) 9.25 Me Too! (T) 9.45 Mama Mirabelle's Home Movies. (T) 10.00 In the Night Garden. (T) 10.30 Schools: BBC Primary Geography. (R) (T) 10.45 BBC Primary Geography. (R) (T) 11.00 Starship. (T) 11.20 The Chat Room. (R) (T) 11.40 See You, See Me. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.30 Animal Park. (T) 2.15 Figure Skating. 3.15 Sudo-Q. (T) 3.45 Flot It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (R) 6.00 Eggheads. (T) 6.30 A Taste of My Life. (T) 7.00 Elle Macpherson: Super Business Model. Max Flint reports on the supermodel's empire. (T) 7.30 Open Gardens. A steep garden above the Severn Estuary. (R) (T) 8.00 Christine's Garden. New series. Spring has arrived. (T) 8.30 Gardeners' World. Monty Don begins sowing the seeds that will fill hanging baskets at Berryfields, and provides tips on how to grow bedding plants. Carol Klein gets to work on a small vegetable plot. (T) 9.00 Simon Schama: Rough Crossings. Docu-drama recalling the American Revolutionary War. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review. (T) 11.35 Budget Response. (R) (T) 11.40 FILM: Confessions of a Dangerous Mind (2002). Premiere. Fact-based crime drama, starring Sam Rockwell. (T) 1.25 Taken. (R) (T) 2.50 Star Trek. (R) (T) 3.40 Star Trek. (R) (T) 3.40 Close.

Pick of the Day

A Class Apart (BBC1, 8.30pm)

Finally, after what seems like an age, former EastEnders actress Jessie Wallace returns to the small screen in this one-off drama. Penned by Tony Grounds (the man behind When I'm 64 and Births, Mariages and Deaths), it has more than a touch of the Eliza Doolittles about it. Wallace stars as single mum Candy, who is desperate to keep her wayward 11-year-old son Kyle on the straight and narrow. Unfortunately, the only male role model he has is his granddad (George Cole) and he's not exactly an upright citizen. When the lad is offered a place at the local failing school, Candy reaches the end of her tether and chains herself to the railings of the nearby - and better performing - private establishment Park View. There the tale should end, but when the local news runs the story on TV, the posh school's headmaster (Nathaniel Parker) reckons he can turn Kyle from a potential chav to a respectable young man, and is so confident he places a bet with his scheming deputy. His first - and biggest - problem is getting the boy into the school in the first place. But how will Kyle and his mum cope with the massive culture shock in store?

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Friends. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Just Shoot Me. (R) (T) 8.55 Frasier. (R) (T) 9.30 My Crazy Life; (R) (T) 3 Minute Wonder. (R) (T) 10.00 That'll Teach 'Em: Boys Versus Girls; (R) (T) 3 Minute Wonder. (R) (T) 11.00 How to Dump Your Mates; (R) (T) 3 Minute Wonder. (R) (T) 11.30 Don't Make Me Angry; (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 FILM: The Hunters (1958). Korean War adventure, starring Robert Mitchum. (T) 2.25 A Place in the Sun. (R) (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 The Insider: Taking on the Hoodies. A report on youth crime in Hackney. (T) 8.00 Let's Talk Sex. Davina McCall campaigns for improvements in sex education. (T) 9.00 Ugly Betty. Daniel has his credit card cut off when a \$20,000 expense bill is rejected, just before he has to impress an important Japanese designer. (T) 10.00 The Charlotte Church Show. Singer Avril Lavigne joins the host in the studio, plus undercover antics and mischief-making, sketches and fun with the audience. (T) 10.50 Balls of Steel. (T) 11.40 4Music: Transmission. 12.45 4Music: The JD Set Presents: Get Cape, Wear Cape, Fly. 1.05 Goalissimo. 2.05 World Cup Snowboard. 4.00 Freeports on 4. (R) 4.25 Transworld Sport. (R) (T) 5.20 Supporting Acts. (R) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Old Bear Stories. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 Hi-5. (R) (T) 7.20 The Beeps. (T) 7.30 Little Princess. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerbots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.35 Funky Valley. (R) (T) 8.40 Titch. (R) (T) 8.50 Mio Mao. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 BrainTeaser. (T) 1.30 FILM: Harvey (1996). Comedy, starring Harry Anderson; (T) five news update. (T) 3.30 FILM: The Last Casino (2004). Premiere. Drama, starring Charles Martin Smith. (T) 5.30 five news. (T) 6.00 Home and Away. (T) 6.30 Everybody Hates Chris. (R) (T) 7.00 five news. (T) 7.30 Mean Machines. Equipment that creates tunnels, from the 180m-long Wirth TBE-500, used to bore a passage through the Alps, to the six-foot micro versions guided by lasers; (T) 7.30 five news update. 8.00 Killer Bee Attack. Africanised bees' invasion of America. (R) (T) 9.00 NCIS. Tony and Ziva disappear while looking for smuggled weapons at a shipyard, leaving their team-mates struggling to find them before they come to serious harm. Michael Weatherly stars. (T) 10.00 Law & Order: Criminal Intent. A female con-artist engineers a police shooting. (T) 11.00 Act Your Age: Celebrities Going to Seed. (T) 12.00 Prison Break. (R) (T) 1.00 Quiz Call. 5.35 Wildlife SOS. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 Daily Cooks. 3.59 London Weather. (T) 4.00 Agatha Christie's Poirot. (R) (T)

5.00 Soapstar Superchef. Teams from Hollyoaks and Emmerdale reveal their culinary skills, going head to head to re-create the signature dish of a leading British chef and impress the tough-talking judges. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

6.55 Budget Response. By the Liberal Democrats. (T)

7.00 Emmerdale. Carrie is furious when she learns Scarlett's school fees haven't been paid and storms round to Pear Tree Cottage, where the King brothers come face to face with their half-sister. Jack incenses Andy by inviting Billy for a family meal, and Belle drops hints to Rosemary about an expensive school trip. Meanwhile, Katie plans a night out with Chas to embrace her new-found single status. (T)

7.30 Coronation Street. Ken suggests the impending trial will be too much for Deirdre and recommends she doesn't take the stand - putting the whole court case in jeopardy. Janice agrees to disagree with Leanne over her choice of career, while hustler Grandad Morton teaches youngster Kayleigh a thing or two about pulling off a scam. Norris is far from impressed when Doreen turns up on Rita's doorstep with all of her worldly belongings in tow. (T)

8.00 Tonight with Trevor McDonald. (T)

8.30 A Touch of Frost. Jack's house burns down, forcing him to move in with a fellow copper until he can find somewhere more permanent to live. Meanwhile, he's kept busy on the professional front when a particularly ruthless kidnapper on a motorcycle snatches a shop owner - and the irascible copper thinks it could be an inside job. Long-running crime drama, starring David Jason, Bruce Alexander, John Lyons and Marc Warren. (R) (T)

10.30 ITV News; Weather. (T)

11.00 Wags' Boutique. Under the guidance of Anna Park and Lynn Gardner, the two teams of footballers' wives and girlfriends face a new challenge in their bid to set up and run successful shops in London. (T)

12.00 Make Your Play; ITV News Headlines. 4.10 60 Minute Makeover. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1

0630 Bom dia Portugal 1000 Praça da Alegria 1300 News 1410 Los Ricos Tambien Lloran 1530 Marco Paulo - 40 Anos de Amor Eternal 1715 Lingo 1800 Portugal em Directo 1915 O Preço Certo 1955 Direito de Antena 2000 News 2100 Football: Portugal v Eskavaquia 0030 Cradle 2 the Grave, film

RTP2

0700 EuroNews 0715 Zig zag 1400 Sociedade Civil 1530 O Lugar da História 1600 Entre Nós 1630 Euronews 1700 Lendas Vivas de Além Mar 1730 Discovery Hour 1830 A Fé dos Homens 1900 Haja Saúde 1945 Zig Zag 2045 Yes Dear 2115 Discovery Hour 2200 News 0015 The Guardian 0145 Haja Saúde

SIC

0645 Sic Kids 0830 Floribela 1000 Fátima 1300 News 1400 O Profeta 1445 Laços de Família 1530 Contato 1715 Floribela 1900 Sinhô Moça 2000 News 2145 Floribela 2215 Cobras & Lagartos 2315 Jura 0015 Fallen, film

TVI

0700 Diário Da Manhã 1000 Você na TV 1300 News 1400 Inspector max 1500 Ano Selvagem 1600 Quem Quer Ganha 1800 Morangos com Açúcar 2000 News 2115 Euro Milhões 2130 Morangos com Açúcar 2215 Tempo de Viver 2330 Fala-me de Amot 0030 Um Desejo Tão Simples 0200 Spinning Boris, film

BBC3

7.00 Doctor Who Confidential 7.30 Doctor Who 8.15 Doctor Who 9.00 TV Gaffes Galore 10.00 EastEnders 10.30 Two Pints of Lager and a Packet of Crisps 11.00 Two Pints of Lager and a Packet of Crisps 11.30 Two Pints of Lager Out Takes 11.40 Jonathan Ross's Japanorama 12.10 Idle 12.40 Family Guy 1.00 Family Guy 1.25 TV Gaffes Galore 2.20 Two Pints of Lager and a Packet of Crisps 2.50 Two Pints of Lager and a Packet of Crisps 3.20 Freaky Eaters 4.20 Close

BBC4

7.00 4 Better 4 Worse 8.00 The World 8.00 Weather 8.30 The Beat Room 9.00 Long John Baldry: In the Shadow of the Blues 9.50 Rock Family Trees 10.40 John Mayall: 40 Years of the Blues 11.40 The Avengers 12.30 Never Mind the Full Stops 1.00 Long John Baldry: In the Shadow of the Blues 1.50 John Mayall: 40 Years of the Blues 2.50 4 Better 4 Worse 3.50 Never Mind the Full Stops 4.20 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 Ricki Lake 3.20 The Jeremy Kyle Show 4.25 Sally Jessy Raphael 5.15 Airline USA 5.45 Judge Judy 7.00 Smallville 8.00 ITV at the Movies 8.30 American Idol 10.30 American Idol 11.00 Coronation Street 11.30 Test Drive My Girlfriend 12.00 Film: Out of Sight 15 (1998) 2.15 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close

Sky One

1.00 Angel 2.00 Tru Calling 3.00 Jake 2.0 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Stargate

Atlantis 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 Crash Test Dummies 9.00 Film: The Devil's Advocate 18 (1997) 11.40 Cold Case 12.40 Unsolved Crimes USA 1.35 Street Wars 2.25 Uncut! The Villa 3.15 Footballers' Pads 3.30 Tru Calling 4.20 Star Trek: Voyager 5.10 Zoids 5.35 Zoids

UKTV Gold

1.00 Last of the Summer Wine 1.40 Keeping Up Appearances 2.20 The Good Life 3.00 My Family 3.40 Open All Hours 4.20 dinnerladies 5.00 The Bill 6.00 The Bill 7.00 dinnerladies 7.40 Open All Hours 8.20 My Family 9.00 Comedy Superheroes: Third Place 9.40 Comedy Superheroes: Runner-Up 10.20 Euromillions 10.30 Comedy Superheroes Winner 11.10 Comedy Superheroes: Third Place 11.50 Comedy Superheroes: Runner-Up 12.30 Comedy Superheroes Winner 1.10 Film: Urban Legends II: Final Cut 18 (2000) 3.00 Holly City 3.55 Ballykissangel 4.45 Ballykissangel 5.35 Neighbours

TCM

1.10 That Midnight Kiss U (1949) 3.00 Hot Millions U (1968) 5.00 Two Weeks in Another Town PG (1962) 7.00 Betrayed U (1954) 9.00 Born Romantic 15 (2000) 10.50 Wild Rovers 15 (1971) 1.20 Arturo's Island 15 (1962) 3.00 Teleshopping

The Disney Channel

Kids' programmes from 7am, except: 6.00 Film: Cheetah Girls 2 U (2006) Drama, starring Raven-Symone. 9.30 Film: Cheetah Girls 2 U (2006) Drama, starring Raven-Symone.

MOVIES

Sky Movies 1

7.10 Suzanne's Diary for Nicholas PG (2005) 8.55 Big Bully PG (1995) 10.40 Medicine Man PG (1992) 12.40 Heartwood PG (1998) Drama, starring Jason Robards. 2.25 Big Bully PG (1995) Comedy, starring Rick Moranis. 4.00 Medicine Man PG (1992) Jungle adventure, starring Sean Connery. 6.00 Heartwood PG (1998) Drama, starring Jason Robards. 7.45 US Top 10 8.00 Kiss Kiss Bang Bang 15 (2005) Crime comedy, starring Robert Downey Jr. 10.00 Hustle and Flow 15 (2005) Premiere. Hip-hop drama, with Terrence Howard. 12.00 Hide and Seek 15 (2004) Chilling thriller, starring Robert De Niro. 1.45 Fall into Darkness 15 (1996) Thriller. Jonathan Brandis stars. 3.20 Grind 12 (2003) 5.10 Kid Cop U (1996)

Sky Movies 2

6.40 Miracle in the Woods PG (1997) 8.30 The King and I U (1999) 10.15 The Air Up There PG (1994) 12.15 Arizona Summer PG (2003) Family drama, starring Morgan Fairchild. 2.15 Miracle in the Woods PG (1997) Drama, starring Meredith Baxter. 4.00 The King and I U (1999) Musical animation, with the voice of Miranda Richardson. 5.45

The Air Up There PG (1994) Sports comedy, starring Kevin Bacon. 7.45 300 - Sky Movies Special 8.00 Beauty Shop 12 (2005) Comedy, starring Queen Latifah. 10.00 The Saint 12 (1997) Adventure, starring Val Kilmer and Elisabeth Shue. 12.00 Cellular 15 (2004) Thriller, starring Kim Basinger. 2.00 The Phantom of the Opera 12 (2004) Musical drama, starring Emmy Rossum. 4.30 Arizona Summer PG (2003)

Sky Cinema 1

6.50 Limelight U (1952) 9.10 The Gunfighter U (1950) 10.40 Sunset Boulevard PG (1950) 12.40 Rebel Without a Cause PG (1955) Classic drama, starring James Dean. 2.35 The Gunfighter U (1950) Western, starring Gregory Peck. 4.05 Sunset Boulevard PG (1950) Melodrama, starring Gloria Swanson. 6.05 Rebel Without a Cause PG (1955) Classic drama, starring James Dean. 8.00 Dead Calm 15 (1988) Taut thriller, with Nicole Kidman. 9.45 UK Top 10 10.00 Bullitt 15 (1968) Thriller, starring Steve McQueen. 12.00 Harold and Maude 15 (1972) Black comedy, starring Ruth Gordon. 1.40 She's Having a Baby 15 (1988) Domestic comedy drama, starring Kevin Bacon. 3.40 Limelight U (1952)

Sky Sports 1

6.00 FIFA Futbol Mundial 6.30 The Rugby Club 8.00 World Cup Cricket 9.00 World Cup Cricket 10.00 ATP Tennis 10.30 FIFA Futbol Mundial 11.00 World Cup Cricket 12.00 World Cup Cricket 1.00 Live World Cup Cricket. India v Sri Lanka. 11.00 Premier League Preview 11.30 World Sport 12.00 Super League 1.30 Premier League Preview 2.00 Friday Night 2.00 Soccer AM's All Sports Show 5.00 Premier League Preview 5.30 FIFA Futbol Mundial

Sky Sports 2

6.00 Aerobics Oz Style 6.30 High Altitude 7.00 WWE: Raw 9.00 High Altitude 9.30 The Rugby Club 11.00 Golf Night 3.00 The Rugby Club 4.30 FIFA Futbol Mundial 5.00 Premier League Preview 5.30 Jack's Perfect Golfer 6.00 Live Golf Night. The CA Championship. 10.00 Live Friday Fight Night. Carl Froch v Sergei Teyevosyan. 12.00 Golf Night 4.00 Jack's Perfect Golfer 4.30 Sailing 5.00 360 Surfing 5.30 Jack's Perfect Golfer

Sky Sports 3

7.00 ATP Tennis 7.30 Premier League Darts 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Transworld Sport 1.00 Race World 2.00 High Altitude 2.30 NBA Action 3.00 Transworld Sport 4.00 WWE: Raw 6.00 Soccer AM's All Sports Show 7.00 Premier League Preview

SPORT

British Eurosport

7.30 Live Super League. Hull FC v Wigan Warriors (Kick-off 8.00pm). 10.00 WWE: Late Night - Smackdown 12.00 WWE: Late Night - Bottom Line 1.00 Soccer AM's All Sports Show 2.00 Sports Unlimited 3.00 Super League 4.30 Bass Fishing 5.30 High Altitude

British Eurosport

7.30 Swimming 8.15 Figure Skating 9.15 Live Figure Skating. The 2007 World Championships. 12.30 MotoGP 1.00 Live MotoGP. The Spanish Grand Prix practice session. 2.00 Ski Jumping 2.30 Live Ski Jumping. The World Cup meeting in Planica. 4.15 Figure Skating 5.45 Inside Euro 2008 6.00 Ski Jumping 7.00 MotoGP 8.00 Figure Skating 9.30 Poker 10.30 Xz Xtreme 11.00 Winter X Games 12.30 MotoGP 12.30 Close

Sky Sports Xtra

12.00 ATP Tennis 12.30 Premier League Darts 4.00 High Altitude 4.30 360 Surfing 5.00 Race World 6.00 High Altitude 6.30 World Sport 7.00 Wild Spirits 7.30 360 Surfing 8.00 Soccer AM's All Sports Show 9.00 Premier League Preview 9.30 World Sport 10.00 Soccer AM's All Sports Show 11.00 High Altitude 11.30 Wild Spirits 12.00 360 Surfing 12.30 Spirit of Equestrian 1.00 High Altitude 1.30 Wild Spirits 2.00 World Sport 2.30 Spirit of Equestrian 3.00 Pool 4.00 Pool 5.00 Wild Spirits 5.30 Spirit of Equestrian

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PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 17 Mar 2007

PROPERTY OF THE WEEK

Twin townhouses await loving families



Located in the well-known Montechoro area of Albufeira are two brand-new town houses, spacious and well built, waiting to be given personalised attention from their first owners.

Spread over three floors, the properties each comprise two bedrooms plus an additional space that could become bedroom number three, offering an ideal holiday home as well as comfortable year-round living.

Their location is ideal; on the tranquil outskirts of a bustling city and highly popular tourist destination, a short stroll to Montechoro and a few minutes drive to Albufeira city centre, all amenities and beaches.

Both houses are identically built and have identical plot sizes, only differing on the covered construction areas as one boasts a larger terrace and balcony, though has slightly smaller living areas.

From the roadside a private gate opens onto a sloping drive that leads down to the underground level double garage. Up the side of the property, a brick-red tiled path leads to the front door.

This opens directly into a large-size living/dining area, which also has a central woodburning stove.

Following through towards the back of the property we enter a hallway, from which a staircase descends into the garage and climbs up to the first floor, as well as a prettily-tiled guest bathroom.

On from the hall we enter the

kitchen.

Of impressive proportions, the kitchen has been fully equipped with top-quality appliances, ample fitted units, and extra storage in the shape of a deep, floor-to-ceiling cupboard. Furthermore, it offers room a-plenty to encompass a family-size breakfast table. A backdoor opens from the kitchen onto a compact, enclosed terrace, complete with in-built barbecue facilities, and which in turn opens straight onto a lush public park. An additional outdoor area is found on the property's roof-terrace.

The staircase that climbs the height of the property is made of solid white and grey marble, climbing from the garage, to the ground floor, where the living areas are, and up to the first floor, which comprises two bedrooms.

Of the two bedrooms, one, the master bedroom, has a private ensuite bathroom and a private veranda; a separate bathroom serves the other. Both bedrooms are complete with good-size fitted wardrobes, and both bathrooms have tubs.

Up again the staircase climbs to a third floor, where we access the roof terrace and an additional living area in the shape of a charming

attic. With a skylight and own toilet, this area is ideal as a home office/study, or even as a third bedroom.

Well-sized and partially covered with a pergola structure, the roof terrace is spacious enough for sun-loungers and other items of garden furniture, becoming your very own un-overlooked suntrap. It boasts picturesque sea-views, as well as vistas of its immediate surrounds, and is connected to water mains.

Both properties have been intelligently designed and finished to immaculate standards with superior fixtures and materials. These include solid wood doors, double-glazing, quality tiling and bathroom ceramics, and pre-installation for air conditioning equipment.

Additional storage can be found in a storage room in the garage, along with ample under-stair stor-



Both houses are identically built and have identical plot sizes

age. Both properties are very good value for money, being priced at €198,000.

For more information or to book a viewing, contact Doerte Pittak on: (+351) 961 356 468, e-mail: dpittak@remax.pt, or see their website: www.remax.pt/albufeira.



The roof terrace is spacious enough for sun-loungers and other items of garden furniture, becoming your very own un-overlooked suntrap.



The picturesque views from the roof-terrace.



The kitchen is fully equipped with quality appliances, spacious, and well-built.



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Carvoeiro

Spacious and modern two year old villa. Plot size: 1400 sqm (3/8 acre). Three bedrooms, two bathrooms, large lounge/dining room. Fully equipped kitchen. Double garage. Near International School. Bargain Price!!! Ref. V-346



Carvoeiro

Townhouse situated in a quiet area, close to the village centre and to Centianes beach. Spacious bedrooms with own balcony covered carport, roof terrace, space for third bedroom, storage area. Ideal family home with excellent rental potential. Ref. A-207 Price: € 235,000



Pestana Golf & Resort

Luxurious townhouse in peaceful location. 2 bedrooms, 2 bathrooms (1 en suite), lounge/dining room, equipped kitchen. Communal sw.pool. 24-hour security. Central heating. Sat-TV. Close to beaches & Carvoeiro centre. Golfing rights. Furnished. Ref. V-327 Price: € 299,000



Carvoeiro Salicos

Country retreat on 2500 sqm plot. 3 bedroom villa w/ kidney shaped sw. pool, main bedroom leading to large terrace, spacious lounge/dining room, 2 bathrooms plus guest WC, equipped kitchen w/pantry. Elegant driveway leading to garage. Ref. V-326 Price: € 420,000



Quinta dos Salicos

Outstanding villa of 240m2 set on a plot of 2823m2. 3 bedrooms, 3 bathrooms, lounge, dining room, equipped kitchen. Sat-TV, swimming pool, storage room, established mature garden, central heating, 3km from beach and centre of Carvoeiro. Ref. V-316 Price: € 635,000



AMI 4713

A selection of our properties

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8125-479 Vilamoura



Almancil / Vale Do Lobo

New luxury 3 bedroom/3 bathroom semi-detached villas currently under construction, due for completion 2007. Located on road Almancil/Vale do Lobo and only 10 minutes drive to Vale do Lobo beach and square offering the various restaurants and bars. Price: €620,000 / €427,000



Vilamoura

Beautiful 3 bedroom / 2 bathroom detached villa with magnificent golf views. The villa has private swimming pool in landscaped gardens and situated in a peaceful location within walking distance of the "Old Village" and its amenities. Price: €745,000 / €513,000



Vilamoura

4/5 Bedroom detached villa with landscaped gardens, private BBQ courtyard, sun terrace and swimming pool. Located in a quiet residential area, this villa offers the perfect holiday home or permanent residence. Price: € 695,000 / £ 479,000



Vilamoura

3 bedroom / 2 bathroom single story detached villa w/ private pool in landscaped gardens, 5 mins drive from Vilamoura's various restaurants, bars & Marina. Renovated in Summer 2006 & now offers the perfect holiday home or permanent residence. Price: €545,000 / €375,000



Vilamoura

2 bedroom apartment overlooking the golf course with fully fitted modern kitchen, lounge/dining room leading to a large balcony, underground parking and communal swimming pool. Price: €239,000 / £164,000 (Based on Ex Rate 1.45)



AMI 4204

Ferrarias - Estrada de Vale do Lobo
8135-107 Almancil

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info@goldentree.net
www.goldentree.net



Dunas Douradas

Villa in quiet cul-de-sac. Hall, 4 bedrooms (2 en suite), 2 baths, dining room, living room w/ wood burning stove, fitted kitchen, furnished, alarm sys, radiators, A/C, pool, BBQ, roof terrace, garden, condo, pool & tennis courts. Plot: 750m2. Built area: 186,5m2. Ref. DD6 Price: €525,000



Dunas Douradas

2 bedroom villa w/ study or single room, hall, south east facing terraces, 2 bathrooms, sitting and dining room w/ fireplace, fully fitted and equipped kitchen, furnished, electric wall heaters and garden with automatic irrigation. Place for a plunge pool. Ref. DD9 Price: €475,000



Vale do Lobo

Renovated townhouse in Vale do Lobo, near the golf club, restaurants and within walking distance to the beach. Consists of 3 bedrooms + 1, 4 bathrooms, living & dining room, partly furnished, fitted kitchen, air conditioning and roof terrace. Ref. VDL16 Price: €550,000



Vale do Lobo

Completely refurbished townhouse in Vale do Lobo, near restaurants and within walking distance to the beach. Consists of 2 bedrooms, 2 bathrooms, Open plan sitting room kitchen, furnished and w/ air conditioning. Ref. VDL70 Price: €440,000



Fonte Santa

4 bedroom semi detached villa composed of 4 bathrooms, living/dining room w/ fireplace, equipped kitchen, storage/laundry, gas storage, BBQ, extensive terraces, garden with automatic irrigation, garage & swimming pool. Ref. Fonte St^a Price: €500,000

VILAGENTE



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Vale Carro

Apartment situated in a beautiful complex with communal swimming pool and garden area, composed of 2 bedrooms, 2 bathrooms, lounge w/ fireplace, equipped kitchen and terrace. Parking space and storage in the basement. Constr. area - 76 sqm. Ref. A1120 Price: € 198,000



Vilamoura

Spacious 3 bedroom apartment composed of 2 bathrooms, lounge, kitchen, storage and terrace with sea and garden views. Parking space in the basement. Furnished and equipped. Construction area - 119 sqm. Ref. A1098 Price: € 250,000



Vilamoura

Situated in a complex with swimming pool and garden area, apartment composed of 2 bedrooms, 2 bathrooms, dining room, lounge, equipped kitchen and 3 terraces. Parking space and storage in the basement. Furnished. Ref. A988 Price: € 265,000



Vilamoura

Three bedroom villa comprising two bathrooms (one en suite), lounge with fireplace, dining room, kitchen, hallway and terraces. Double glazing windows. Furnished and equipped. Swimming pool and garden. Ref. V12329 Price: € 500,000



Benfarras

Beautiful villa with sea view composed of 3 bedrooms, 3 bathrooms, lounge w/ fireplace, equipped kitchen, storages, laundry room and carport. Alarm, air conditioning and central heating. Plot area: 1400 sqm. Constr. area: 310 sqm. Ref. V12263 Price: € 795,000



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Tavira

3-bedroom townhouse in tranquil urbanization with communal pool. Consists of living room, dining area, open plan kitchen, 2 bedrooms and lovely roof terrace offering nice views over garden, pool and ocean. Construction: approx. 112m2. Ref. LHT- 798 Price: € 285,000



Tavira

2 bedroom villa, immaculate condition, good location. Bright living room, dining area, semi-equipped kitchen, cloakroom, office, 2 en suite bedrooms, garage, good size sun terrace, lovely views. Ideal holiday/residential home. Approx. 115m2 construction, plot 300m2. Ref. LHV-892 Price: € 295,000



Tavira

New modern & spacious 3-bedroom townhouse within walking distance of town centre in up-market residential area. Living/dining room (28m2), fitted kitchen, storage, garage, basement, garden & large roof terrace. Construction approx. 200m2. Ref. LHT-787 Price: from € 310,000



Tavira

Portuguese townhouse on v. good location in Tavira centre w/ garden, plunge pool, 3 double bedrooms, dining area, large (49m2) living room, office room, 2 bathrooms, cloakroom, good size fully equipped kitchen. Unique opportunity! Approx. 210m2 constr., 196m2 plot. Ref. LHT-814 Price: € 440,000



S^o Estevão

Magnificent south facing villa (210 m2) w/ swimming pool (8,5x5,5) & separate 2 bedroom bungalow (89 m2). Main villa: 4 double bedrooms, 3 bathrooms, dining room, living room, kitchen, store room. Mature garden, fully fenced. Plot: approx. 2040 m2. Ref. LHV-800 Price: € 498,000

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Loulé

Set amongst a beautiful landscaped garden filled w/ palm, fig & orange trees sits this large 4 bedroom villa. Close to town of Loulé in a friendly country neighbourhood makes this property the ideal location for permanent living & holiday making.

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Villa Soalheira

S. Brás de Alportel

Beautiful, well built new 4-bedroom villa w/investment opportunities as it includes neighbouring building plot. Lovely wood ceilings finishings. Top of the range kitchen & bathrooms. Country & distant seaviews are enjoyed from every corner of the plot.

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Loulé

A lovely home in a good location close to the town of Loulé. This 3-bedroom villa offers space, top quality finishings and a lovely outside garden area with a swimming pool and an orchard surrounded by fruit trees.

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Unique opportunity! Amazing first line 3 bedroom Villa w/ sw.pool, garage. Luxurious gardens set just by the water. Astonishing sea views !!

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Price: € 935,000,00

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4 bedroom Villa set in a 1000 sqm plot 250 m from the sea... Great location, inside the natural reservation area, w/ swimming pool, garage and garden. Sea Views!!

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Fantastic opportunity! Amazing 4 bedroom Villa with swimming pool and garage, set in 3700sqm plot. Great sea views. Excellent price !!

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**Apartment - Cabanas**

High quality 2 bedroom apartment on top floor (2nd) w/ 40m² terrace + 31m² roof terrace w/ lovely sea-view in new urbanization. 4 swim.pools, walking distance to Cabanas w/ its beautiful lagoon, shops, bars & restaurants. 1km from Benamor golf course.

Ref: EA 001 Price: € 225,000

**Neighbourhood Luz de Tavira**

Very attractive and comfortable 3 bedroom, 2 bathroom villa, on ground and first floor, with pretty garden of 585 m², built 6 years ago, situated in the neighbourhood of Luz de Tavira, 5 kms from Tavira in a pretty green area.

Ref: EA 002 Price: € 330,000

**Neighbourhood of Altura**

Semi-detached 3 bedroom villa with converted loft and garage on a plot of 308,25 m² with liner swimming pool, built in 1992 situated approx. 2 kms from the beach, 1 km from Altura and 5 kms from various golf-courses.

REF: EA 003 Price: € 330,000

**Villas - Manta Rota**

2 bedroom villas nearing completion consisting of ground, first and second floor, with pre-installation for air conditioning, back patio with BBQ, garage and access to swimming pool (10 x 6 m), within walking distance to the beach and village.

Ref: EA 004 Price: € 235,000

**Neighbourhood Altura**

High quality 3 bedroom villa with 2 bathrooms (one with sauna), prepared for air conditioning, with salt system swimming pool, surrounded by 450 m², situated within an urbanization, 2 kms from the sea and 1 km from Altura.

Ref: EA 005 Price: € 370,000



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Price: € 299,000

**SÃO BRÁS DE ALPORTEL**
Ref. V71740

New 4 bedroom villa, 330sqm constr. area, fabulous location. Plot: 4.800sqm. Possibility to put tennis court & fruit/vegetable garden. Living w/ fireplace. 3 suites w/terrace. Spectacular country & sea views. Large garden w/ pool & BBQ. 2-car garage. Excellent access.

Price: € 995,000

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Storage for souvenirs and goodies



Some people just can't resist returning home, burdened with bulging cases filled with holiday mementoes - whether it's a handsome Japanese wood carving, a collection of charming French ceramics, or just a humble piece of driftwood and some shells.

If you recognise yourself as a 'holiday magpie' you may also find that your home - rather like a beach after high tide - is strewn with an ageing collection of possessions, some of which are now as fascinating as next-door's holiday snaps.

That latest set of souvenirs may be the final straw for your over-cluttered home and it could be timely to whip off those sunglasses and take a good, clear look at your rooms and get savvy about storage.

Displaying the best possessions and discarding the rest is something of a mantra for designer Sir Terence Conran, founder of Habitat, but even he says it's not always easy.

While his new book, *Storage*, is a practical, beautifully illustrated blueprint for an organised home, he confesses: "I have to admit I find it difficult at times to get rid of things, despite the positive effect of decluttering has on the quality and quantity of space."

"Get organised, however, and you'll be able to tackle essential chores much more practically and effectively and at the same time

derive real pleasure from your surroundings."

He points out that things like unsorted holiday films and photos can spiral out of control and take up space.

"When this threatens to happen the emotion attached to such belongings is not a pleasant sense of nostalgia, but a persistent and nagging guilt."

"Getting to grips with memorabilia is a rainy day activity that can be made less daunting if you enlist support and help from family members," he advises.

So have a sort out, let those holiday possessions star, and a sparkling home could be the best souvenir of your holiday.

Dejunk

Things may be getting out of hand if places around the home are drowning under holiday memorabilia - such as a hall table or shelves groaning with old or shabby buys from holiday markets.

Sir Terence says: "One of the easiest ways to put a fresh face on your home is to change the items you keep on display. Familiarity, in this case, breeds not so much contempt as invisibility."

"Changing your displays, on the other hand, brings a frisson of delight back into your experience of the space."

Test it: shut your eyes and see if you can name six objects - if you can't they probably should go.

Instigate a clearout session. Make it easier to part with some of those past-it mementoes by grouping them together and taking a photo of them. Keep that in the holiday album and recycle those souvenirs!

Dazzling display

Display only what you are prepared to look after. Items need regular dusting and care or they will look neglected and dull.

The mantelpiece, desktop, shelves, and alcoves are popular roosts for holiday buys but Sir Terence warns that decorative objects scattered over every surface can be distracting.

Instead he advises clustering them together so they "gain impact by association".

"If the objects are quirky, this also brings wit and amusement into play."

"Interleaving decorative objects in working walls otherwise devoted to books can help lighten what might otherwise be rather enclosing."

Unusual display areas catch the eye and add character to a home. Think about building shelves above and around a doorway, or in a bathroom for shells or model ships. Mount glass shelves across a window so the natural light illuminates beach-combing finds such as unusual glass bottles.

Devote one wall to paintings, prints and mementoes of your favourite destination. Sir Terence



Keep it interesting: a collection of different cooking spoons from Italy is an eye-catching display for a kitchen wall and more personal than mass-produced pottery replicas from tourist spots. (PHOTO: Press Association)

says: "Designate a particular wall for display and to group pictures in a collection... with the remaining walls left clear to give some breathing space."

Use the same colour frames to unify the display.

Make a holiday 'hall of fame'. Use a pinboard or glass clipframe to make up an annual holiday board. Put tickets, postcards, photos, receipts and anything else that triggers memories of the trip together in a collage, and include a two-line message

from each family member about their most enjoyable memory. Hang one every year in the hall and up the stairway.

If you have a special display area light it properly to reveal detail and accentuate textures and materials.

Discreet low-voltage halogen spots are good for highlighting single objects, while architectural strip lights concealed behind baffles can be used to illuminate display shelving with a soft even glow.

Souvenir chic

Think outside of the box when collecting souvenirs - a collection of different cooking spoons from Italy is an eye-catching display for a kitchen wall and more personal than mass-produced pottery replicas from tourist spots.

Make your own art by displaying the best of those holiday photos in a frame.

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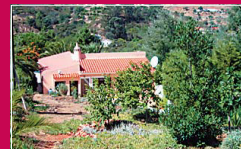
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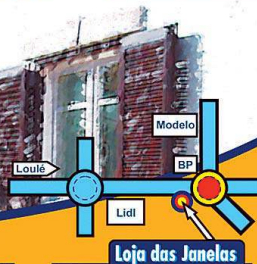
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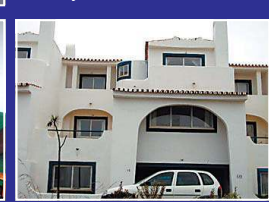
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Don't be left on the shelf



Bracketless shelves are now so popular that they're available in most DIY chains, but if you can't find the colour or size you want, you can make them yourself.

One of the best places to put them - both aesthetically and practically - is in an alcove, especially either side of a chimney breast, where they're ideal for storing books, CDs and knick-knacks.

You first need to decide how many shelves you want and how you're going to stagger them.

With books, allow anything from 21.5cm between shelves for paperbacks to 47cm for oversized books, not forgetting to include the thickness of the shelves themselves in your calculations. Mark pencil guidelines on the wall accordingly using a spirit level to en-

sure the shelves will be straight.

The next stage is to cut the battens of wood that will support the shelves. Start with the rear batten and measure carefully along the back wall (measure again for each batten, as the wall may vary in places).

Score a cutting line onto the batten with a craft knife (use a combination square to get the line square), before cutting it to length using a tenon saw or jigsaw.

Now mark the screw holes on the batten, positioning them about 6cm in from either end and at about 30cm intervals along the batten. Use a centre punch (a

pointed hand tool made of hardened steel and shaped a bit like a pencil) and hammer to mark the position of each screw, then drill through.

To attach the batten to the rear wall, hold it up against one of the pencil lines you've drawn and check again that it's level using a spirit level. Now take a bradawl and mark the positions of the screw holes on the wall.

Take the batten away, use the centre punch and hammer on the bradawl marks and drill holes for your Rawlplugs (this is easier if you tie a piece of tape round your drill bit as a stop marker). Push the Rawlplugs into the holes and screw the batten in place.

If you're drilling into a hollow wall, you'll need screws designed specifically for this, eg toggle or butterfly ones, and for the type of load you're going to put on the shelves, eg heavy, medium or light.

This information should be on the screws' packet.

Attach the side battens in the same way and then one at the front, countersinking the screws for a seamless finish (the front batten should be a similar length to the back one, with the side ones filling the space between the two). You can later fill over the countersunk screws with wood filler and, once that's dry, sand smooth.

To create the shelves themselves, use an adjustable bevel to find the angle between the side and back walls, and mark this angle onto the shelf (MDF is a good bet for the shelves, but en-



Arrange your collection of objects stored on shelves cantilevered from the walls and painted white so they are less obtrusive. When arranging a display area, play around with different arrangements and groupings, to achieve some sort of visual balance. (PHOTO: Press Association)

sure it's rigid enough to take the weight of what you're going to put on it).

Measure up for the shelf and also the angle at the front so it fits snugly onto the battens. Cut the shelf to fit (wear a protective mask when cutting MDF) and check that you've got your calculations right by putting it in place before fixing it. Now do the same with the other shelves, but don't assume they'll all be the same size - measure each in turn.

To fix a shelf, drill pilot holes,

then take the shelf off so you can enlarge these holes. You'll need two or three screws on each batten, and remember to countersink for a neat finish. Put the shelf back, screw in place and fill the screw holes, as before. You may also wish to fill the joint between the batten and shelf at the front.

Finish off by priming the shelves with MDF primer and the battens with wood primer, preferably a quick-drying one. Don't forget to seal the knots first with

a knot-sealing solution, so the resin doesn't bleed through your paintwork and spoil it.

Next apply undercoat (unless your topcoat doesn't require it) and a topcoat of gloss, satinwood, eggshell or the emulsion-like paints that can be applied to wood, metal and walls.

The latter is a good idea if you want the shelves to blend seamlessly into the walls, or try a contrasting colour if you want the shelves to stand out.

Julia Gray

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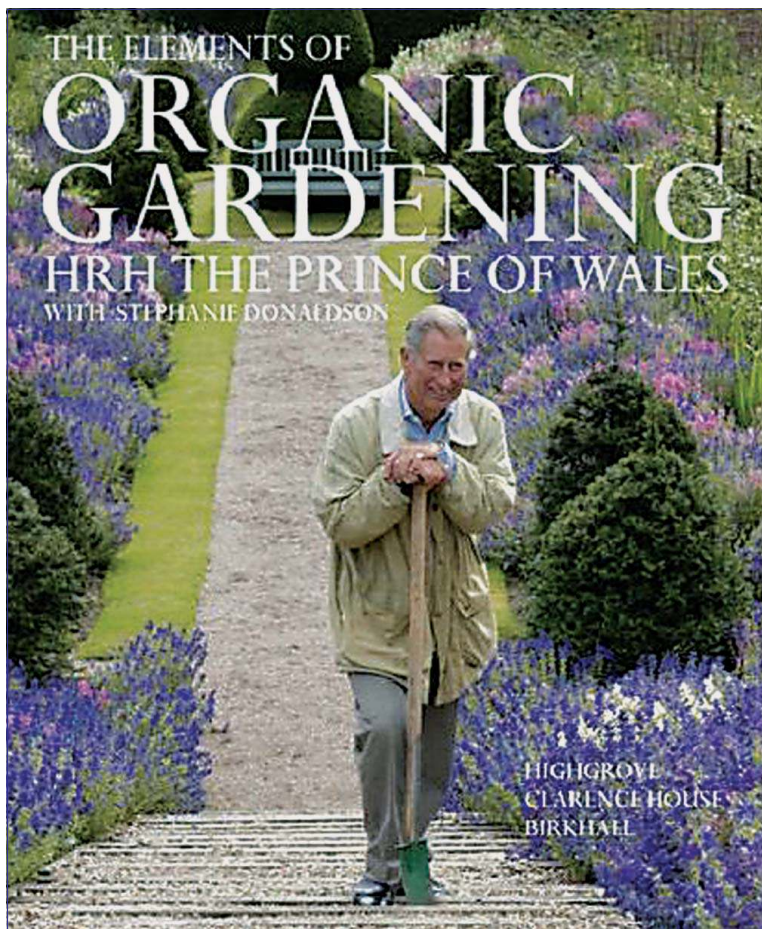
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Inspiring reads for gardeners



This Spring, bookshops are awash with inspirational reads for both green-fingered friends and family, and the practical gardener. New publications are in abundance to cater for all, from the beginner who wants to grow some vegetables and make her own compost, to the more advanced just looking for design and planting inspiration. The following are just a sample.

For a natural theme go with *The Elements Of Organic Gardening* published by Weidenfeld & Nicolson, price £20/€30. An impressive tome from The Prince of Wales with Stephanie Donaldson. The prince shares his organic principles, as practised at Highgrove, and Clarence House in England and Birkhall in Scotland, explaining how they can be

adapted to any garden.

For the practical gardener there's a great new Simple Steps series from the British Royal Horticultural Society, with the first eight titles featuring everything from Containers For Patios and Easy Pruning to Plants For Shade and Vegetables In A Small Garden. Published by Dorling Kindersley, price £6.99/€10.50).

This series offers simple advice delivered succinctly along with step-by-step photography of achievable projects, checklists and tips for all gardeners, particularly those just starting out.

Also in the UK, allotments have become the must-have of the 21st century, as busy workers claim their rectangle of earth for growing their own fruit and veg.

To feed this passion there's been a glut of allotment books in the last year, the latest of which is *Allotment Days*, by Matthew Biggs. Published by New Holland, price £9.99/€15, a regular panellist on BBC Radio Four's Gardeners' Question Time. In it, he captures the spirit of this enjoyable pastime and the quirky characters, who know their allotments are far more than a place to grow vegetables. It features an insight into the owners, from the champion pumpkin growers to the children who've discovered how to eat their greens by growing them themselves, and is packed with tips and advice.

For those who rely on the gardening calendar for success, treat them to a copy of *Gardening Month By Month* from the RHS. Published by Dorling Kindersley, price £9.99/€15, this pocket-sized guide to 12 months of essential gardening tasks tells you what you need to do every month to ensure your plants thrive, your lawns stay healthy and that you make the best use of your time in the garden.

Gardeners who prefer the minimalist, modern look may welcome a copy of *The New Tech Garden* by designer Paul Cooper, published by Mitchell Beazley, price £16.99/€25.50, which celebrates gardens in which manmade materials come into their own. It's a beautifully photographed and inspirational book featuring such space-age synthetic materials as plastic Perspex, glass and textiles in contemporary gardens from all over the world including kinetic gardens, portable gardens and multi-experience gardens for use in both day and night.

Hannah Stephenson

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What's in Store

For those with smaller gardens the following varieties are well worth considering, not only for their contrasting colours, but also for their compactness. For anyone with a colour theme in mind they make a feature with their orange or yellow flowers contrasting with the blue ones.

» *Santolina chamaecyparissus* commonly known as Cotton Lavender is a plant that originated in rocky regions of the west and central Mediterranean. It is a plant that produces very woolly whitish shoots that materialize into grayish white leaves. This rounded plant can attain a height of 50cm with a spread of up to one metre. The flowers that are produced during the summer are bright yellow. Being aware of its natural habitat it does not need a very fertile soil mixture but this must be well drained and preferably in a sunny position. It will stand temperatures as low as -5°C.

» The *Lampranthus* species often referred to as Mesembryanthemum originated in South Africa and are, in the main, low growing succulent plants that attain in the region of 30 to 45cm in height. They add plenty of bright colour to the gardens during many of the spring and summer months. Colours range from white through yellow to the pinks and deep lilac. In particular look out for the beautiful bright orange one that makes a statement in any garden. These, like the fore mentioned species grow well in full sun in a well drained soil mixture that is not necessarily very fertile. They do need water on at least a weekly basis during the very hot months and in regions where there is frost they need protection, as they are not fully hardy.

» *Felicia amelloides* - Blue Daisy - as its name suggests has magnificent blue bright blue flowers with yellow centres. Another lowish growing plant from South Africa it attains a maximum height of approximately 45cm to 60cm with a similar spread. This is best grown in a sunny situation with a similar soil mixture to the previous two species mentioned. It is a good idea initially to pinch out the growing tips to produce a much more bushy plant. After the first flowering trim off the dead heads and you should get a second flowering. They do need protection if there is a likelihood of frost although ours were cut back and did sprout out again.

Madge and John Measures

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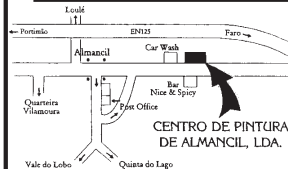
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Space detective



Sometimes we all need to be alone just to dream or relax - but that's often mission impossible in a home that we share with family or friends, and which seems to grow smaller by the day.

Think again! Hidden away inside your home is a space that could save your sanity, and all it takes is a little imagination and effort to transform it into a private sanctuary.

So turn space detective and find those 'spare' or 'dead' areas that may have been overlooked - perhaps in a hall, a landing, a window bay or even a garden shed.

Be inspired by Judith Wilson, whose book *Private Places* is a practical blueprint for carving out spots of solitude from 'unseen' spaces.

She says: "We're all told that to counteract stressful, frenetic lives we should chill out and slow down at spas, boutique hotels and yoga retreats.

"That's expensive, time-con-

suming and all that relaxation is lost in a trice if, once home again, you're cast straight back into a noisy living space. There's no point lighting a scented candle if your room isn't a tranquil escape."

Instead she urges us to look at the home in a fresh light and pinpoint "a bolthole within the family home that you can turn into a peaceful zone."

With clever planning, spare corners make 'pint sized' retreats and in a small home ensure precious space works harder, Judith points out.

She believes: "Every home, however tiny, has its odd spaces. Frequently overlooked spots include natural stopping points, such as a landing or the end of a corridor, and architectural features

such as wall recesses or a vestibule.

"These are the areas by-passed on the way to principal rooms, and are more likely to be ignored than celebrated."

"A private space can be shoe-horned into the tiniest of areas - so there's room within everyone's home for one if you know where to look."

Follow her plan and create your own retreat.

What is a private place?

Judith says: "A private space must have soul. It should be a retreat that can soothe, a space that inspires, a comfort zone that offers peace and quiet, day or night."

Plan it in detail so it is tailored to your needs. If it's somewhere to talk on the phone, write, or read, you need somewhere to sit or lie - a day bed or a chair that unfolds into a spare bed could be ideal.

If it's a space for hobbies, make sure there's room for shelving, or create a display unit cheaply by using a secondhand glass-fronted cabinet and either strip it down or paint it.

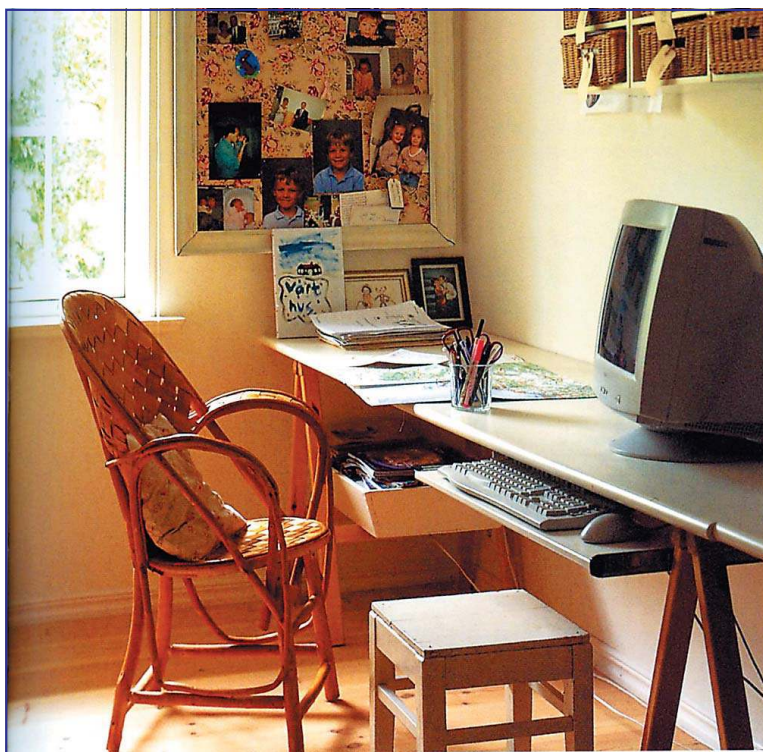
Location, location

Judith says: "For most of us, finding a quiet spot isn't too much about stealing square inches as about dividing up the available space to create privacy."

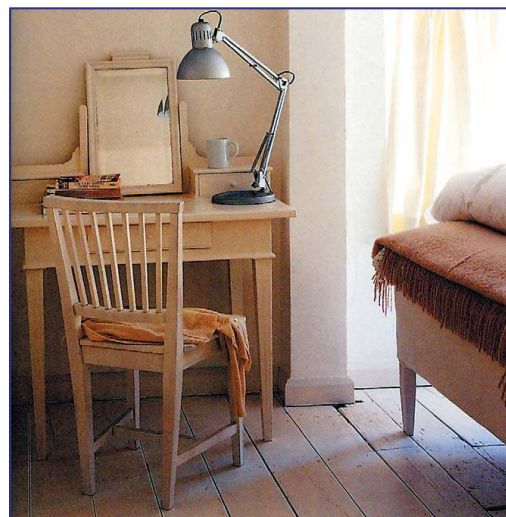
"You might consider partitioning off a room using blinds, screens, or even a room divider."

If there's no room for a study, consider tucking a bureau, or a work station concealed within a cupboard, onto a landing or even in a chimney breast alcove.

Put a solitary chair or stool somewhere you can just perch for a few moments a day in a corner of the hall, or maybe have a made-to-measure seat to fit the space



Occasionally we need a place to retreat and get some space, maybe away from the family or so we can work and concentrate - like this desk area at home. (PHOTO: Press Association/Jacqui Small).



We all deserve a place where we can switch off and dream, or simply stare at a single imaginary bright spot on the wall. (PHOTO: Press Association)

under the stairs or in a bay window.

A comfy armchair in the corner of a bedroom or bathroom could provide a serene spot especially if there's a CD player or radio within easy reach.

Don't forget those occasionally used spare bedrooms or dining rooms can easily multitask as a retreat/study/workroom.

Balconies, flat roofs or attics have potential but check with a builder first to see that they're sound and suitable.

Decamp to the garden shed - transform it with a make-over using exterior paint, add secondhand furniture and hey presto, an 'outdoor' room.

Retreat style

Judith says: "Too often we

agonise over the 'right' colours and fabrics to put in our public rooms in case friends and guests criticise our taste.

A private space, on the other hand, can be as bright or as fantastical as we choose. So be as self-indulgent as you like - after all it's your space. If you want to paint it a wacky colour don't hold back."

For a calming colour scheme opt for soft shades of blue, green and cream, but fashionable greys and peachy pinks will work just as well.

If you want to use colour to define the space in an open plan area you could use a bold contrast colour to make a statement.

Personal touches

Use a pinboard to display fam-

ily photos, favourite magazine cuttings, or pictures of beautiful settings and far away places to evoke dreams or memories.

Have a shelf or chest - or even an old suitcase - for mementos and sentimental possessions that will give you pleasure every time you look at them.

Ideally, seating should be close to a window so you can enjoy a view - but if not, hang a mirror on an adjacent wall to reflect treetops or bounce back a twist of corridor.

Create atmosphere with finishing touches such as cosy throws, blankets or squashy cushions for chairs or sofas and scented incense sticks, oils, or candles.

Never leave the latter unattended. *Gabrielle Fagan*

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Móveis Malheiro is definitely not your everyday furniture shop. Located in Portimão, it is truly a case of 'if you can't find it here, you won't find it anywhere'. Covering 1250 square metres dispersed over four floors, the showroom homes an incredibly diverse stock to cover all furnishing needs, from every imaginable item of home or garden furniture, to decorative accessories and soft furnishings.

At Móveis Malheiro you will be able to fully furnish your entire property, inside and out, without needing to look elsewhere.

Run by the Ribeiro Pires family with Dona Isolate and son Paulo at the helm, the company, which has been successfully established since 1989, offers thousands of individual and different items of household furniture, for any room, in any style.

Contemporary glass and wrought iron dining tables sit next to solid slabs of wood that make charming rustic furniture. Classically elegant bedroom suites sit next to the oriental-style black lacquer suites.

Dozens of styles of sofa fill out one section of the showroom, whilst kitchen tables, wardrobes, coffee tables, display units and side boards, amongst many, many other items, fill up other sections.

An unusual range of beautiful Indonesian furniture is displayed on the first-floor and boasts exotic designs like bamboo four-poster beds, deep leather patchwork couches, and numerous other Asian-inspired pieces.

What may be considered 'hard-to-find' elsewhere could possibly be available in a number of fashions at Móveis Malheiro.

Some more interesting objects include rocking chairs, felt-

topped games tables, circular beds, paper racks, tea-trays, S-shaped seating arrangements, and an extraordinary half-ball shaped basket, padded to create an unusual sofa/bed/chair large enough for five or six people.

Complementing this is a huge selection of decorative accessories, encompassing rugs and carpets, mirrors, vases, lighting solutions, ornaments, pictures, paintings, and cushions.

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The showroom is located in Malheiro, Portimão, between the Barlavento Hospital and Monchique/A22 access, following signs from the Malheiro roundabout. Open Monday-Saturday, 09h00 - 13h00, 15h00 - 19h00.



The team: (L-R) Carmen Glória, Dnª Isolate, Filomena and Paulo, Ribeiro Pires.

PDM Travel, your ticket to discovering the world



After a fantastically busy winter season, PDM Travel is geared up and ready for an equally promising spring and summer. With two new members of staff and armed with an array of tempting offers and destinations, this is one agency that is definitely going places – and taking you with them!

Kate Fitzsimmons is PDM's latest addition to the team. Fluent in English and Portuguese and having lived in Portugal for a considerable number of years, as well as previous experience in the tourism trade, she is the perfect complement to the company's already impressive service. Ana Oelgemoller is a work experience first year student at PDM to learn all the tools of the trade. Her time at PDM will contribute towards her future success in the industry, and is part of the college degree she is presently completing.

PDM's spring break, a five-day Granada/Cordoba trip which departed last week, was received with the same enthusiasm as previous spring and autumn breaks, as well as their ever-popular Christmas shopping trips. It was a successful sell-out and the company is now planning their autumn break for 2007: possibly a short trip to Barcelona in October.

All of PDM's excursions are tailor-made to give customers a unique experience at the best possible price. So you can forget the chocolate this Easter,

GlucoMotion now available on the Portuguese market



When acclaimed osteopath Bernard Vrijaldenhoven opened his 'Optima Forma' clinic in Almancil seven years ago, the one product he was determined to promote as a complementary aid to treatments was the then relatively unknown 'GlucoMotion' supplement.

Despite being a household name in Holland and well known in other European countries, on the Iberian Peninsula the product was yet to achieve recognition.

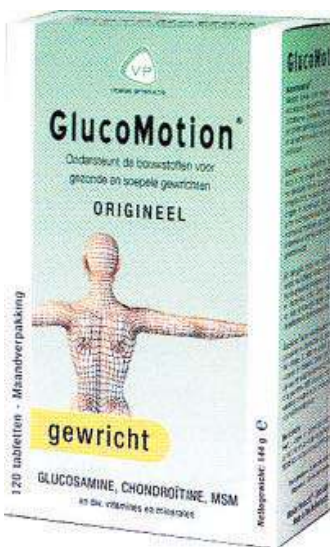
After much endorsement on Bernard Vrijaldenhoven's behalf, GlucoMotion, a glucosamine and chondroitin cocktail aimed at reinforcing and improving structural elements and articulations, is now being introduced to pharmacies and health outlets across the country, where it will be directly available to the public.

The 100 per cent organic product targets cartilage, fluids and joints to provide relief from age-related and rheumatic pains.

GlucoMotion also acts as an anti-inflammatory due to its MSM component, a natural anti-oxidant that relieves the distressing aches and pains, which go hand-in-hand with the wear and tear of tissues. Given its ability to nourish and renew tissue of ligaments and tendons, the product has further proved advantageous for those performing demanding duration sports.

Originally developed in Hol-

land, GlucoMotion has been subject to years of extensive testing and so far there are no known side effects, even with long-term use.



This has recently been brought to the attention of the NHS, who has given GlucoMotion its seal of approval as opposed to standard anti-inflammatory

medicines that have been proved to cause a number of side effects when used over extended periods of time. It is a curative and preventative solution to aches

and pains that generally appear later on in life. And when used in conjunction with alternative treatments, such as osteopathy, homeopathy, or physiotherapy, outstanding results can be achieved both inside and outside the body.

The price for this product is far lower than any of its competitors on the Portuguese market, being at least €15 less expensive than others of its type, priced at €29.50 per box.

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Bernard Vrijaldenhoven also holds morning clinics in the International Health Centres, Albufeira (tel: +351 289 588 923), or afternoon appointments in Clínica Optima Forma, Almancil (tel: +351 289 399 841).

Theatre dinners at the Garbe Hotel, Armação de Pêra



On March 28th and 29th the 'A Portada Theatre Group' will be holding theatre dinners at the Hotel Garbe, Armação de Pêra, with their latest production, 'Production of 2 Monologues', by Alan Bennett.

The first production, 'Lady of Letters', sees an avid letter writer write herself into a lot of trouble, whilst 'Miss Fozzard finds her feet' tells how Miss Fozzard finds

herself eventually landing on her feet as one door closes and another opens. Featuring Nicky Moran and directed by Priscilla Morgan. Evenings start at 19h00 to 19h30

and include a 3 Course Indian dinner with wine and coffee, €28,00 Euros per person. For more information or reservations, call (+351) 282 320 260, or fax: 282 315 087.

check out PDM's latest offers and promotions and indulge in an Easter gift that won't offend the waistline. Give yourself something to look forward to, or treat someone else!

This year cruises will also feature heavily at PDM, both national and international. The promotional 3 day Douro cruises, (one of PDM's bestselling packages), have already sold out completely for March and April, but if a sail down the Douro is your dream, limited places are still available for the October promotional cruises and for the regular summer 6 day cruises.

Departing in May is a six-day Mediterranean cruise aboard the luxurious Grand Princess liner. Setting off from Lisbon, the all-inclusive cruise, which includes full board and a return flight to Faro, will make stops in Barcelona, Cannes, Florence/Pisa and Rome. Your stay in Rome can be extended if desired, with hotels starting from €50. Overall prices start from €710 per person.

Scheduled for August is a seductive 12-night Greek Isle Cruise with Royal Caribbean International. The price of €2100

per person includes a return flight ticket from Seville to Barcelona, transfers from Algarve to Seville, and full board on the magnificent Brilliance of the Seas liner.

The islands of Mykonos, Santorini, Ephesus (Turkey), and Athens (Piraeus) all feature on the itinerary, along with Nice, Florence and Rome.

If resources are your concern, then enquire at PDM about the Resolution Travel Club card. With no obligations entailed, the travel club is free to join and comprises an automatic €20 euro credit. Additional credits are accumulated every time you use PDM's services, whether it is to hire a car or book a holiday.

Now boasting over 8000 members between Portugal and the UK, the card gives you the flexibility to save or spend as much or as little as you like. Hard cash discounts can be enjoyed on all of PDM's services, as well as in other establishments throughout the Algarve.

An introduce-a-member scheme has proved very popular and has seen Travel Club numbers soar.

With each family member or

friend introduced, additional credits are awarded. Many members have already accumulated credit sufficient to book a return flight or even a package holiday. Both UK and Portugal based friends and family can be nominated, and discounts can also be used in Resolution Travel or PDM Travel.

Confident in PDM's success, the UK-based head office, Resolution Travel, has decided to make Portugal one of its specialised destinations, bringing the two countries even closer and widening the advantages to be enjoyed by being a member.

Resolution Travel have a stand at A Place in The Sun Exhibition at the Excel Center in London on 30 & 31 March and 1st April and PDM Travel will of course be exhibiting at the Algarve Country Fayre at Fatacil in Lagoa on 12th & 13th May.

For more information on PDM or the Resolution Travel Club, contact PDM Travel on free-phone (from Portugal): 800 206 375, telephone: (+351) 282 782 078, e-mail: sales@pdmtravel.net, or see website www.pdmtravel.net. All enquiries welcome.



The PDM team: (L-R) Ana Oelgemoller, manager Alison Ribeiro, and Paula Moreira.

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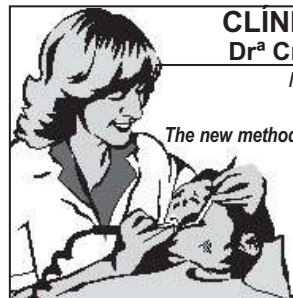
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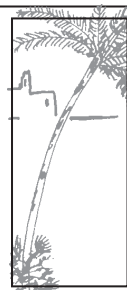
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In God We Trust

"Trust in the Lord with all your heart and lean not on your own
understanding, in all your ways acknowledge him, and he will
make your paths straight." Proverbs 3:5-6

Recently a new one dollar coin was introduced in the United States. It bears the likeness of George Washington and along the edge is inscribed with the words, "In God We Trust," "E Pluribus Unum," followed by the year and the mint mark. The new coin is slightly thicker and larger than a quarter and is golden in color. Three hundred million of the coins were made, half in Philadelphia and half in Denver. The coins went into circulation on February 15, 2007.

It has been discovered that perhaps as many as fifty thousand coins are missing the "In God We Trust" inscriptions. Apparently these imperfect coins were not detected during the inspection process. The lack of an inscription is actually easier to miss than one might think because the edge lettering cannot be seen in a head-on look at the coins. The U.S. mint issued a statement assuring Americans that the manufacturing system will be adjusted to eliminate the danger of producing more defective coins.

While they are investigating to determine a possible cause for the defects in the manufacturing process, email conspiracy theories have flooded the internet suggesting that the religious motto was purposely omitted from the Washington dollars. In light of recent court battles to remove all religious phraseology from classrooms and courtrooms around the country, the theory is not difficult to believe.

One has to wonder what the

founders of this nation would think if they were alive today and able to witness the abrupt "about face" the nation has made in recent years in regards to integrating faith in God into all areas of life and liberty. I am one American who prefers the old inscription on coins that can be more easily recognized.

Reading about the missing inscriptions brought to my mind that as a "Christian," or "Christ Follower," others should see something different about my life. My countenance, my actions, my standards and everything about me should be marked by my relationship with my Creator and Lord. I want my life to reflect the image of the Savior I have pledged to honor and serve.

When the first defective coin was discovered, it sold for \$600. As more and more of them were found in circulation the value decreased and they are now being sold on e-bay for around \$50. Isn't it interesting that the coins without the mark of trust in God carry a higher value than those that bear the intended inscription? Could this be yet another reflection of a corrupt world view of God and of a post-modern society which gives more importance to humanistic thinking and has less and less interest in knowing and living in relationship with the God of the universe?

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The Algarve

CHURCH OF ENGLAND SERVICES St. Vincent's Anglican Church of the Algarve, Igreja Senhora de Fátima Holy Communion: 9.30 every Sunday. Info Rosie Baden-Powell 289 328302; St. Luke's, Montedea Palhaqueira, Górges. (Nr. Sta. Barbara) Holy Communion 11.30am: every Sunday. Info Maxine Srivastava 917 267 947; Luz Senora da Luz. Holy Communion: 12.00 every Sunday. Plus Children's Rainbow Club. Info: Joyce Daffey 282 788104.

ALL SAINTS ANGLICAN CHURCH, AL-

GARVE - Evangelical worship: First Sunday - Family Eucharist, all other Sundays - Holy Communion with Adventurers for Children and Crèche. 10.30am Community Centre, ALMANCEIL (ASCA - Associação Social e Cultural de Almamcel). For directions (any time) call 282-380311 or see www.all.saints.algarve.org. **PLEASE NOTE NEW TIME AND VENUE**

CENTRO CRISTÃO FONTE DE VIDA Pentecostal Church, Sítio do Paul, Estrada do Sargacal, Sargacal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevida.org

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, n.º 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English 11am, at St. Lourenço Church - Almamcel - 6.30pm, at Four Seasons Country Club - Quinta do Lago - Almamcel. Further information, please contact the International Catholic Community of Almamcel (Griselda Neto on 966168120 or Vitor on vgm@domopor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 17, R/C-D1 Portimão. Bible study on Tuesdays; 10.45 for 11am at "The Bridge" (A Ponte) in the Cedipra Shopping Centre near the church. Tel 282 461 985

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@ibev.pt

CHURCH IN LAGOS. Our mission: Matthew 28:18-20. Meeting daily Wednesdays at 7pm and Sundays at 10.30am, at Praga Luis de Camões No 144, agos. Stefan Saunders (Pastor) Tel 963 165 983

CHURCH IN ALZEUZ / VALE DE TELHA. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Praia School for children. Urbanização Vila Praia da Dona Ana, Lote 11B, 8600 Lagos (50 metres from the Lote Golfinho). Tel. 282-086804 or 282-697546.

INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE

Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterside Park. Services in English, creche and Sunday School.

For further information: 289 328635.

LAGOA CHRISTIAN FELLOWSHIP An International English speaking church. Contemporary worship and Christ-centred study of the Bible. "God Squad" for kids, toddler thru preteen. Service every Sunday 11am to 12:30pm. Portuguese translation available. New address: EN125 - Vale de Lousas, Alcantarilha. Next to Auto Heat, SACL & Centro de Lareiras. Pastor Alípio Amaral Tel 968 801 237. Visit our website at www.lagoafellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966380404. E-mail: jackieandmo@yahoo.co.uk

ROMAN CATHOLIC ST. ANDREWS, PENINA R.C. Mass in English every Saturday 6pm, St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

SALVATION ARMY - Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

ERREY SHABAT - For services Tel: 282 416710

Oporto

GREATER GRACE World Outreach has LIVE (and archived) internet church services for free viewing through their website, www.ggo.org; contemporary and inspiring worship, uplifting music and outstanding Bible teaching. Their ministry contacts in Portugal can also be found under the "Missions" link - Check it out and be blessed!

RIVERSIDE PORTO INTERNATIONAL CHURCH - Oporto. A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 for more details. contact@riversideporto.com web site www.riversideporto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO

Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamessoporto.org

But take heed to yourselves (be careful) and be on your guard, lest your hearts be overburdened and depressed (weighed down) with the cares of this life.

Luke 21:34

The opinions expressed here are those of our readers and not necessarily of the The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and be of no more than 300 words to: The Portugal News, Apartado 13, 8401-901 Lagoa. Fax: 282 341 201. E-mail address: letters@the-news.net

Letter from Lynne Booker - God gene

SIR, If Lynne will contact me by e-mail I will forward an article from the New York Times that is in line with her interests.

GILBERT WELLS, Azenhas do Mar, E-mail: JustGilWelz@mail.telepac.pt

Flattered

SIR, I am flattered to be included among a quartet of 'learned' contributors invited by Lynne Booker to a discussion about religion at the São Bras Museum but I'm not qualified to take part in this high level argument. Believe it or not, my knowledge of the subject has been acquired mainly from the long running debate in your Letters page! I have always been among those who have to check out that a 'Wet Paint' sign means what it says and my contributions have usually been limited to querying things like virgin births, people rising from the dead, providing the biggest 'barbie' of the past two millennia with a few fish and a handful of loaves etc. If the meeting ever takes place I hope the result will be published.

I see that James continues to insist on Michael revealing his 'credentials'; I suspect that the latter's bushel is a large one hiding a considerable light and to avoid further embarrassment, James would be well advised to stop digging.

My thanks to Angela Murray for the excerpt from Dave Barry's witty article about religion! I have been a fan of his for years and still have a number of his pieces but, sadly, he no

longer writes regularly.

Another couple claim to have seen Antarctic penguins off the Algarve coast. Well, nothing is impossible they say but wouldn't that be a bit like catching a glimpse of a tiger at the North Pole? A bit far from home, if nothing else!

The people of Portugal recently voted 60 to 40 in favour of decriminalising abortions carried out during the first ten weeks of a pregnancy and I hope that the Socialist party will keep its election promise to amend the law as soon as possible. Swift action must then be taken to quash the convictions of thousands of desperate women who will no longer be guilty of a criminal offence.

RON LAVERY, Bye-mail

Wakefulness

SIR, Here's one to make a change from the rantings of Lavery & Co.

I wonder if anybody else is suffering from a phenomenon that I have not previously encountered in my 70-odd years, and which (and this is the point) some of my friends are now experiencing.

Both my wife and I wake up nearly every morning at between 2.45 and 3.00 and find it very difficult to sleep again. Nothing as far as we can see wakes us (we live in the middle of nowhere and after dark all you can hear is the grass growing), but suddenly we are wide-awake.

The strange thing is that it is always at the same time, and it is the same for our friends. I have a couple of pet theories, which are not for discussion here, and I

would be glad to hear if this is a widely experienced occurrence.

MIKE HENTALL, Alferce, Monchique. Tel: 282911283

The truth about abortion

SIR, The truth about abortion and why it is so wrong

- Abortion affects a woman's life for many years.

- The unborn have a soul at conception and a heartbeat at 18 days.

- 40 days after conception an unborn baby has brain waves.

- Unborn babies can feel pain at 7 weeks.

- After 8 weeks body features are visible on a sonogram.

- Some of the risks of abortion are: infection, organ damage, increased risk of miscarriages of future pregnancies, increased risk of breast cancer and post-abortion traumatic stress disorder.

- Abortion is a very painful experience and takes an innocent life.

MARIA L, By e-mail

Re. Gwynne Dyer says and the Civil War in Iraq

SIR, Gwynne Dyer says that America and Britain have caused the Civil War in Iraq. In fact, they have simply precipitated it. Yet another war of racial ascendancy was always agenda-d. Saddam Hussein was to the former (!) Iraq as Tito was to the former Yugoslavia. Both were ruthless dictators whose regimes were so enduring that they could impose a pax on their racially antagonistic subjects, but also, both enforced the hegemony of their own race. With their demise, by whatever method, the pax would end and the racial factions would resume the grizzly progression towards some kind of juxtaposed equilibrium. The invasion of Iraq may well have enhanced the lethality of the racial contest, but not beyond the paradigm for which Iraq was always fated. One can think of

other countries in the Middle East 'going the same way' when the 'lid is lifted' so to speak.

The invasion of Iraq was a 'casus belli' war born of neo-liberal hubris (Tariq Azziz - 'They don't want regime change - they want region change'.) and crass political correctness (engendering a 'fortune reversal' for the races via the crude application of the 'western' democratic model rather than advancing some kind of 'power-sharing' hybrid). I agree with GD, that if they can bear the ignominy of the defeat of their over-declared cause (courtesy of Blair), the peremptory withdrawal of American and Britain's forces (or threat of it) would serve a rather less noble cause - still more chaos to preoccupy our natural enemies (although I doubt that Iran can be so characterised). The neighbouring states would be left to scourge their client factions, thereby exposing their own forces to the 'Killing Fields' of Iraq, not to mention their exposure to the risk of heightened racial tension within their own pale.

Meanwhile, it would appear that some of the individuals that GD inculcates and whose sayings he cites, have been disabused of their politically correct views. Unfortunately, GD hasn't. The 'racist fantasies' are all too real GD! As the death toll bears testimony.

J.A. RUST, Figueira da Foz

Motorhomes go glam!

SIR, The record has been broken. On Sunday I counted 27 motorhomes parked at Alvor beach, and three of them were each the size of a modern coach! One in particular was a very glamorous affair, all black and gold! It looked like something off a movie set - in fact I did wonder whether some film/singing/football star was taking a holiday in-cognito. It would certainly be a lot cheaper for them.

I'm amazed that Alvor Freguesia is letting all this potential income slip through its fingers. Someone needs to wake up and get themselves organised, they could make a fortune in fines. These so called 'wild campers' must be breaking loads of local, national and EU laws.

SUE JOHNSON, By e-mail

Enjoy every day

SIR, I read your letters column last week (10th March) with dismay. Are these real people who write? L. Braun moaning about Portugal, food fads, anti-cigarette fanatics, God-botherers, a letter entitled 'Is sex a sin?'. I would bet a good Portuguese bottle of wine that all these people are all over 60, and are not happy where-ever they are.

My partner and I (male) have been together for 7 years, love Portugal, smoke and have sex, and enjoy every day that comes. Hopefully we won't meet any of the people who write to your brilliant (for news) paper.

CARL TAYLOR, Monte Estoril

Be assured Carl, all the letters printed on the Letters page are real letters, received from real people. Ed.

Response to James Ross

SIR, In a previous letter Mr. James Ross said how we need babies. No-one suggested we stop having babies! However I feel it is obvious that the Earth is overpopulated by people and the land that they have taken for agriculture. This planet is not infinite by anyone's definition! Witness the rapid disappearance of the rainforest and other wild land.

Some countries have had a fall in population. There is nothing bad about this, but problems have arisen because it has happened in a short space of time, resulting in a population with a large proportion of older people. This should correct itself in time - with the help of sensible planning, for example, the use of contraception. In the meantime, plenty of people want to emigrate. What is wrong with a couple planning the size of their family so that they can afford what children they do have and have the energy to enjoy their upbringing?

James Ross talks about women as if their only purpose is to breed! Many women nowadays want a career and have interests that would be impossible to fulfil if they had 12 children! They also need to earn money. Many families could not survive without both parents working.

I fail to see how any educated person can be against contraception. My viewpoint is not "crazy" as James Ross suggests, but a viewpoint shared by many men and women, born of a desire to have some control over their lives and to live better lives because of it. There is nothing wrong with enjoying life.

MS. ALARA TWINE, By E-mail

Reply to the Herringtons

SIR, Last week Tony and Lois Herrington wrote, "The Roman Catholic Church took the joy out of sex...". As a married Catholic, this was news to me (but I'll ask my wife). Showing

ignorance of Catholicism they blundered on "...it ruled intercourse to be indulged in solely to induce pregnancy."

Wrong again. They listed several sins, adultery, sodomy, bestiality, etc. condemned in Scripture but forgot Gen 38:10 where Onan was struck dead for deliberately rendering the conjugal act unfruitful. Until the 1930s, even Protestants saw this as a condemnation of contraception.

The Herringtons, supposedly Bible Christians, revealed their low esteem for St. Joseph by suggesting that after Jesus' birth, he went on to sire "at least seven other children" by the Mother of God. How absurd.

Over the months the Herringtons had ample opportunity to make common cause with me in defense of Creation, Theism, Christianity and pro-life. They opted to remain aloof. Now they weigh in but, alas, only to attack me. It seems my separated brethren see Catholicism as a greater evil than atheism or abortion. So much for ecumenism. Speaking of ecumenism, I was proud to march with Pastor Eddie Fernandez and his Bikers in defense of life through Lisbon last month. Were the Herringtons there?

JAMES ROSS, By e-mail

I great idea

SIR, I read with great interest Lynne Ford's letter of 3rd. March suggesting that the various animal sanctuaries should get together to form an integrated new body to co-ordinate abilities and skills and set up a 'hotline' and 24 hour rescue service. I do hope that such an organisation could be formed as I am sure there would be no problem in finding volunteers to help, amongst the retired expats and long stay winter visitors.

One of the problems from my point of view and others whom I have spoken with, is that we do not know who to contact when we come across stray dogs or animal cruelty. It would therefore be helpful if the local newspapers listed details of all the animal sanctuaries in the Algarve and who we should phone or what we should do in various circumstances. For example in Luz there is an Alsatian dog running up to cars very distressed, presumably trying to find its owner. Near Cascais there is a painfully thin, beautiful looking dog wandering the roads (we nearly ran over it) too nervous to allow me to get close, but ate the food I left. I have been told of strays on motorways, half dead dogs dumped in car parks, 'hunting dogs' caged in appalling conditions not to mention the many chained neglected dogs I have seen, often without a water bowl in sight, and little shelter.

Perhaps this newspaper could also dedicate a section each week to a different animal sanctuary, who could advertise a selection of dogs looking for homes and let us know about their work and what we can do to help and also what the present animal welfare laws are, that should be enforced by the authorities.

NUALA HARRIS, Praia da Luz

322 Portuguese for all

Exercícios com o Infinitivo Pessoal.

Até à próxima lição, Emília Rosendo.

Exercise 1: Finish each of the following sentences in such a way that it means exactly the same as the sentence printed before it. Use Infinitivo Pessoal.

Example: Saíam sem barulho! - implorou-nos o professor.

Answer: O professor implorou-nos para (nós) sairmos sem barulho.

1. - Não saltes o muro! - gritou, muito aflita, a mãe ao rapaz.

A mãe, muito aflita, gritou ao rapaz para (ele) não _____ o muro.

2. - Põe a mesa! - pediu-me a Ana.

A Ana pediu-me para (eu) _____ a mesa.

3. - Não comas laranjas à noite! - aconselhou-nos a simpática senhora.

A simpática senhora aconselhou-nos a (nós) não _____ laranjas à noite.

4. - Sobe àquela árvore! - desafiou-me um dos

rapazes mais velhos.

Um dos rapazes mais velhos desafiou-me a (eu) _____ àquela árvore.

5. - Acenda a luz! - pediu-me o rapazinho.

O rapazinho pediu-me para (eu) _____ a luz.

5. - Não chegue muito tarde! - avisou-me a recepcionista.

A recepcionista avisou-me para (eu) não _____ muito tarde.

Exercise 2: Write correct sentences by matching the two columns below.

Este quadro é para ...

Esta tabela é para ...

Este documento é para ...

Este prego é para ...

Estes sapatos são para ...

Estas calças são para ...

Esta gramática é para ...

Esta receita é para ...

Estes pratos são para ...

Este chão é para ...

Esta gravata é para ...

Esta saia é para ...

você lavarem.

ela vestir.

ele pregar.

eles aviarem.

tu pendurares.

eu fotocopiar.

tu pintares.

você pôr.

ele usar.

elas preencherem.

eu calçar.

nós consultarmos.

North



GUIMARÃES

17 MARCH

Pedro Burmester and Alexei Eremine in concert for two pianos at Centro Cultural Vila Flor at the Grand Auditorium 22h00 • Tickets at €10 and €7.5 • **Programme 1st part - Mozart: Sonata for two pianos K 448; Lopes-Graça: Paris 1927 • 2nd part - Mozart/Grieg: Sonata in D Major for two pianos K 545; Rachmaninov: Suite No. 2** • Centro Cultural Vila Flor on Av. D. Afonso Henriques, 701 • 253424700 • www.aoficina.pt

PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • www.casadamusica.com

DAILY

Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • www.serralves.pt

Centre



CASCAIS

DAILY

Cascais Cultural Centre • The Cascais Cultural Centre hosts concerts, shows, exhibitions and many other events • It features shops, a coffee shop and a terrace • Open from 10h00 to 18h00 (Closed on Mondays) • Avenida Rei Humberto II de Itália • Tel: 214848900

DAILY



Sea Museum – Rei D. Carlos • R. Júlio Pereira de Mello • 214825400

ESTORIL

DAILY

National Coach Museum • Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family • Open from 10h00 to 17h30 (Closed Mondays and public holidays) • Praça Afonso de Albuquerque • 213610850

DAILY

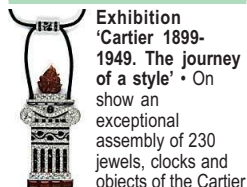
Casino Estoril • Praça José Teodoro dos Santos • Tel: 214 667 700 • Fax: 214 667 965 • www.casino-estoril.pt

LISBOA

DAILY

Belém Cultural Centre • One of the great cultural centres in Europe in one of Lisbon's outstanding architectural beauty it hosts exhibitions, performing arts, restaurants, gardens, shops and conference centre • 213612400

UNTIL 29 APRIL



Exhibition 'Cartier 1899-1949: The journey of a style' • On show an exceptional assembly of 230 jewels, clocks and objects of the Cartier Collection, as well as some of Calouste Gulbenkian's acquisitions, belonging to the Foundation. On display are also original drawings, some of which are associated with the collector, moldings and diverse documentation • This exhibition is integrated in the commemoration of Calouste Gulbenkian's 50th anniversary • Guided tours from 22nd February every Tuesday and Thursday at 15h00, until the end of the exhibition - the tours are free and do not need booking (For groups: Serviços Educativos) • Temporary Exhibitions Room of Calouste Gulbenkian Foundation • Av. de Berna, 45A • 217823000 • Under-ground: S. Sebastião (blue line) • www.gulbenkian.pt

17-18 MARCH



17 Mar - Pedro Rodrigues (guitar) / 12h00 / Sala 2 / 5
17 Mar - ONP - Porto National Orchestra / Michael Zilm (musical direction) / 18h00 / Sala Suggia / Tickets: 15 euros (Adults over 65 have 50% discount)
18 Mar - Círculo Portuense de Ópera Children Choir / 12h00 / Sala Suggia / 5
18 Mar - Remix Ensemble / Peter Rundel (musical direction) / Angel Gimeno (violin) / Piet van Bockstal (oboe) / 18h00 / Sala Suggia / 10
Casa da Música / 220120200

25 MARCH

Concert included in Coliseu's 'Promenade Concerts' series • 11h30 • Coliseu do Porto • Ticket prices from 5 to 10 Euros • Music from Johann Sebastian Bach • The Coliseu do Porto is situated on Rua Passos Manuel, 137 • Information or reservations: 707234234 or call the theatre on: 223394940 • coliseu@coliseudoporto.pt

21 APRIL



Plácido Domingo in concert at Casino Lisboa, Park of Nations • 21h30 • Ticket prices from 37.50 to 295 Euros • Check our schedules and buy your tickets on www.pavilhaoatlantico.pt • Also tickets at Pavilhão do Atlântico box office, FNAC shops (Almada, Cascais, Chiado, Colombo, Gaia Shopping, Norte Shopping, Stª. Catarina, Algarve, Coimbra and Madeira), ABEP Agency, El Corte Inglés (Lisbon, Gaia) Alvalade Agency, Casa Viola (Colombo), Rua Augusta, Areeiro), ACP (Sede, Amoreiras and CC Colombo) • Age admittance: Over 6 years • Atlântico - Pavilhão Multiusos de Lisboa, SA • E-mail: info@pavilhaoatlantico.pt Tel. +351 21 891 84 09

UNTIL 18 MARCH

'Feira de Turismo' Tourist Fair - The Best offers for your holidays • Promoted by RTA - Algarve Tourist Board • Atlantic Pavilion in Lisbon next to bridge Vasco da Gama • 289800448 • www.visitalgarve.pt

South



ALCÁLAR

DAILY

Painting exhibition by David Haines at Patricias Restaurant and Gallery • Monte de Cima • 282 471 145

ALCANTARILHA

DAILY

Art Gallery at Capela das Artes • Quinta da Cruz on E.N. 125 • Open Tuesdays to Sundays from 16h00 to 21h00 • 282320200 • Fax: 282320209 • admin@capeladasartes.com • www.capeladasartes.com

ALVOR

DAILY

Painting exhibition by David Haines at Magna Carta Bookshop • Quinta da Praia do Alvor • 282496001

ARMAÇÃO DE PERA

MONTHLY



Monthly Writing Circle by Jenny Grainer • Hotel Garbe • The Monthly Writing Circle is on the first **Thursday** of the month from 10h30 to 12h30 • All welcome! • For more information ring Jenny on 963518184

ALMANCEL

UNTIL 29 MARCH



Ripollés (painting above) José Guimarães and A.R. Penck • Centro Cultural S. Lourenço • 289 395 475

FARO

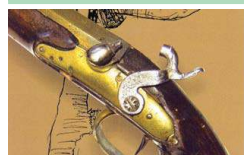
UNTIL 31 MARCH



Tomás Colaço • Tue-Sat: 15h00-19h00 (closed Sun, Mon & holidays • Rua Rasquinho nº 7 • 289802754 • www.arteadentro.com

LAGOA

UNTIL 3 MAY



Exhibition 'Historical Evolution of Light Weaponry in Portugal' • Arquivo Municipal de Lagoa (City Hall Archives) • Largo dos Combatentes da Grande Guerra • 282380435 • cml.arquivomlagoa@vizzavi.pt

SANTANA DA SERRA

DAILY

Horse Riding and Walking at Equi-Serra • For more details or to book: 1 hour, 1, 2, 3 days, or 1 week rides, 938147718 • www.equiserra.com

SÃO B. MESSINES

SATURDAYS & WEDNESDAYS

Quinta da Bica Saturday Mornings & Wednesday afternoons • Livery, Lessons, Hacks & Horse Share for all ages and abilities • For more information, please call: 282332746 or 914795301 • quintadabica@hotmail.com

SERPA

DAILY



Museu Arqueológico (Archaeologic Museum) • Alcáçova do Castelo • 9h30-13h00 / 15h30-19h00 • 284540100 • www.cm-serpa.pt

VALE DO LOBO

UNTIL 9 APRIL

Photography exhibition by the Dutch artist Lisa Kortenhorst • Art Gallery located in Vale do Lobo Shopping • 289353327 • galeriadearte@vdl.pt • www.valedolobo.com

TAVIRA

The Tavira Fund Raisers are holding a charity **Cheese & Wine Evening** followed by a quiz on **Friday 23rd March** at the **Casa do Povo, Conceição** near Tavira. 7pm for 7.30. 15 euros per person. Tickets from Cynthia 281 324 795, Pat 281 323 493, Judith 281 326 840, Diane 281 962 591 or José 281 958 081. All proceeds will go to the Canil São Francisco de Assis at Loulé, where abandoned or neglected cats and dogs are taken in and cared for.



The archaeological site of **S. Cucufate**, in **Vila de Frades (Vidigueira)**, reopened to the public. The schedules are shown below, but can always be confirmed through the telephone numbers indicated below.

Summer Times (1st May to 15th September): Tuesday 15h00 – 18h00; Wednesday to Sunday 09h30 – 13h00 & 15h00 – 18h00.
Winter Times (16th September to 30th April): Tuesday from 14h00 – 17h00, Wednesday to Sunday from 09h00 – 12h30 and from 14h00 – 17h00.

Entrance fee to S. Cucufate - €2; Casa do Arco - €2; S. Cucufate & Casa do Arco - €2.50. Children under 14 years the entrance is free. Free for all on Sundays and holidays until 14h00. Tel: 284 441 113 (S. Cucufate) 284 441 612 (Casa do Arco)

For other information, please call 266 769 800 or fax: 266 769 855 or email: dre.ippar@ippar.pt http://www.ippar.pt/monumentos/sitio_cucufate.html

OA - Algarve Orchestra



17th March in Portimão and 20th March in Castro Marim performance with viola soloist **Ângela Silva**.
20th March - Chamber Music at the **Algarve University**, works from Mozart, Schubert and Z. Kodály.
23rd and 24th March - **Carmo Church** in Tavira and at the **Municipal Auditorium** in Lagoa, respectively the debut of work from Cristóvão Silva and the **Four Seasons - Summer**. These concerts are conducted by Odaline de La Martinez with the participation of the violinist **Alexandra Soumm**.

Orquestra do Algarve, Tel: 289 860 890-6 • www.orchestradoalgarve.com

www.the-news.net

JAZZ on a FRIDAY

at **The Bon-Bon Restaurant** in **Carvoeiro** (Sesmarias) Cool 'n Mellow; Stylish 'n Sophisticated Mellow Jazz featuring 'The Swing Thing' (piano & vocals) every **Friday** from 8h00 to 23h00.

282 341 496 for reservations



LIVE CONCERTS

HIT, MISS OR MAYBE?

Within Temptation – Lisbon

Within Temptation is a band from the Netherlands. Founded by guitarist Robert Westerholt and vocalist Sharon den Adel, their music is variously de-

scribed as symphonic metal and as gothic metal. See them live at Paradise Garage in Lisbon from 9pm on March 24th. Tickets are €22.

Las Guitarras Locas - São Brás

'Las Guitarras Locas' is a project of instrumental music based on the communication and interaction between two guitars (João Cunã and Luis Fialho) on stage, interpreting original compositions and themes from other composers. A Latin feel with jazz, blues and flamenco influences. See

them live at the Friends of the Museum jazz Club on Sunday, March 18th from 6pm. Tickets are €5. For more information / reservations, e-mail info.amigosdomuseu.sbras@gmail.com or call 966 329 073, Lua Azul 289 845 452 or visit www.amigos-museu-sbras.org.

Café Inglês live music - Silves

Café Inglês located on the Silves Castle stairs has long been known for its fantastic food and live music.

This weekend the band consist of Trio Marcelão, playing Brazilian beats on Friday, March 16th from 8.30pm; Zelão Quarteto, afro Latin project on Satur-

day, March 17th from 8.30pm and Quinteto Cristina Afonso, jazz, ballads and blues on Sunday 18th from 3pm. It is recommended to reserve a table if you are considering dining during live music periods.

Call 282 442 585 for more information.



Cristina Afonso

Wall Of Sound - Shockrock

This compilation seems to point out that synths and guitars can live together in perfect pop harmony. ShockRock has some great tracks on it - Gossip's stomping gospel-punk anthem Standing In The Way Of Control and Brazilian girl/boy CSS's funk-pop dancer Let's Make Love And Listen To Death From Above to break up tracks from the newer bands. After a while, you'll definitely

find some new tracks to wave your glowsticks along with.



Take That - Shine



Gary, Mark, Jason and Howard renew their continuing reign with Shine. With Mark taking charge on vocals, Shine is more upbeat than their No. 1 hit, Patience, with a Beatles-esque tune you won't be able to get out of your head. Hate or love them, you have to admit that Shine is, dare I say it, better than Patience.

BOOK REVIEW

After Blair: David Cameron And The Conservative Tradition

By Kieron O'Hara, published in hardback by Icon Books.

This frank and highly-readable account of the past, present and possibly future plight of the Conservative Party will certainly make uncomfortable reading for David Cameron.

It is not quite bleak enough to give the Tory leader nightmares, but its conclusions fall very far short of predicting a big victory for the Conservatives at the next general election.

In this updated version of his original book, O'Hara gives a splendid account of the tight-rope which Mr Cameron has to walk: completing the modernisation of the party (which he and

his henchmen regard as essential), and not frightening off too many of the traditional Tory voters who deserted in large numbers from 1997 onwards and whose return to the Conservative fold is essential if Cameron is going to enter Downing Street at the next general election.

O'Hara points out grimly how long it took Labour to sail out of the doldrums and become an effective political fighting force again, and that the Tories - after their calamity in 1997 - have already wasted too much time.

The author says that if the Conservatives win the next election, it will be a triumph, if it is

a hung parliament, that would be a good result, and a narrow defeat, although disappointing, would not be a disaster.

If this book's projections are correct, then one thing is for sure: the Tories are looking at their prospects through rose-tinted spectacles.

Although Cameron has plenty of critics among the Parliamentary Tory Party as well as among Conservatives at large in the country, it is thought, nevertheless, that this engaging, cheerful, well-mannered, good-looking family man is (like Blair was in relation to the Labour Party) just the sort of individual who will restore them

to power after years languishing in the wilderness.

This book will send a shiver down their spines. There never were any certainties in politics and this book demonstrates that the euphoria which is permeating some parts of the Conservative Party (although not the leadership) may well be ill-placed.

Not only Tories, but anyone with an interest in politics, should get hold of this book. It is easily the best and probably the most honest assessment yet of what might happen after Blair has gone.

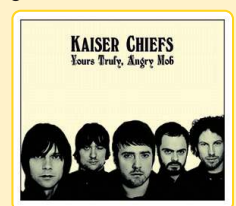
And to misquote a recent television commercial: The future may not be blue.

Chris Moncrieff

Kaiser Chiefs - Yours Truly, Angry Mob

The follow-up to their debut, Employment, sees the Kaisers as we know and love them. Indierockpopmagic. Short, sharp bursts of madness which make you want to jump around and shake your head, interspersed with a handful of melodic masterpieces. As well as the fabulous Ruby, other highlights include Love's Not A Competition (But I'm Winning), Thank You Very Much, and Boxing Champ. Like the

first album, almost every track's a classic and their comically unique lyrics have only got better.



COMING SOON

COMING SOON

BOX OFFICE

COMING SOON

COMING SOON

LIVE CONCERTS



Linkin Park



Scissor Sisters



Shakira



Bloc Party



The Prodigy



Beyoncé



Il Divo

APRIL

Gouveia Art Rock – April 21st & 22nd. Performances: Isildurs Bane & Björn J:son Lindh; Metamorfozi Duo; California Guitar Trio; Kotobell (21st) and Robert Fripp & The League of Crafty Guitarists; Magma (22nd). At Teatro Cine in Gouveia. Doors opens 3pm. Tickets: €30 to €58.

Festival Intercéltico – Praia da Vitória on Ilha Terceira (April 27th and 28th) performances: TBA. Cinema Batalha in Oporto (April 27th, 28th) performances: TBA. Arcos de Aldevez (April 27th, 28th) performances: Mú; Brigada Victor Jara.

MAY

Jazz Festival of São Luiz – May 11th to 13th at Municipal Theatre of São Luiz in Lisbon. Tickets: €25 to €30.

JUNE

Festival Alive – June 8th until 10th with performances from: Pearl Jam and Linkin Park (8th); Smashing Pumpkins (9th); Beastie Boys; Da Weasel; Sam The Kid (10th) at Passeio Marítimo de Algés in Oeiras. Further info TBA.

Vans Club Tour – Strike Anywhere & Devil in Me & TBA in Lisbon on June 29th and Algarve on June 30th. Further info TBA.

Super Bock Super Rock – Parque do Tejo in Lisbon on June 28th. Performers: Metallica. Tickets: €40 – day pass. €78 – four day pass with free camping. Doors open at 5pm.

Super Bock Super Rock – Parque do Tejo in Lisbon from 5pm. Performers: July 3rd – Block Party;

MUSIC FESTIVALS

Arcade Fire; Klaxons; The Magic Numbers; The Gift; Bunny Ranch. July 4th – Maximo Park. July 5th – Scissor Sisters; Interpol. Tickets: €40 – day pass. €78 – four day pass with free camping.

Music of the World – July 20th until 22nd in Porto Covo. Further info TBA.

Music of the World – July 25th until 28th in Sines. Further info TBA.

Vilar de Mouros – July 20th until 22nd in Vilar de Mouros. Performances: Brian Wilson (22nd). Further info. TBA.

AUGUST

Sudoeste Festival – August 2nd until 5th at Herdade da Casa Branca in Zambujeira do Mar everyday from 5pm. Tickets: Special offer of €60 (parking & camping included) until March 31st for four days. Later tickets cost €70. Performances: Aug 2nd – Cassius. Aug 3rd – Steel Pulse. Further info TBA.

SEPTEMBER

Festa do Avante! – September 7th until 9th at Quinta da Atalaia in Amora. Further info TBA.

MARCH

Disney Princesses on Ice – From March 28th until April 1st at Pavilhão Atlântico in Lisbon, with daily shows running between 11am to 8pm (please check with organizers correct times on desired date). Performances from Cinderella, Jasmine, Ariel, Sleeping Beauty, Belle, Mulan and Snow White. Tickets: €15 to €35. Minimum age: 3yrs.

Vodafone Rally - Portugal rally from March 29th until April 1st at Algarve Football Stadium in Faro from 6pm,

MARCH

Pharoah Sanders Quartet – March 25th at Casa da Música in Oporto from 10pm. Tickets: €10.

Sepultura + Molestia + Angriff + Painstruck – March 25th at Clube de Corroios Gym in Seixal from 5pm.

Cool Hipnoise & The Vicious Five – March 29th at Santiago Alquimista in Lisbon from 10pm.

Devil in Me + Ho-Chi-Minh – March 30th at Santiago Alquimista in Lisbon. Further info TBA.

Bunnyranch – March 30th at Oporto Rio in Oporto from 11pm. Tickets: €5.

Tony Carreira – March 31st at Pavilhão Rosa Mota in Oporto from 6pm. Tickets: €15.

Toy – March 31st at the Coliseu in Lisbon from 9.30pm. Tickets: €5 to €120.

APRIL

Jorge Palma – April 1st at Salvaterra de Margos.

!!! – April 4th at Porto Teatro Sá da Bandeira from 9.30pm. Tickets: €20.

Shakira – April 4th at Pavilhão Atlântico in Lisbon from 8pm. Tickets: €30 to €42.

LIVE SHOWS

featuring some of the world's best drivers. Tickets: €20 for one day, €30 for two days. Sponsored by Vodafone.

JUNE

WWE RAW Superstars – June 8th at Pavilhão Atlântico in Lisbon. With appearances from John Cena, Triple H, Edge, Randy Orton, Ric Flair, Umaga, Jeff Hardy, Carlito, The Highlanders, Candice Michelle, Torrie Wilson and others. (lineup subject to changes). Tickets: €25 to €85.

GNR – April 4th at São Jorge Cineman in Lisbon from 9.30pm. Entrance is free.

!!! – April 5th at Lisbon Coliseu. Tickets: €25 to €180.

Devil in Me + No Time to Waste + Ho-Chi-Minh – April 5th at Os Artistas in Faro.

Linda Martini, Sizo, Mazgani, Norton – April 6th at Santiago Alquimista. Tickets: €10.

More Than a Thousand + Easyway + One Hundred Steps – April 7th at Paradise Garage in Lisbon. Further info TBA.

Mariza – April 14th at Parque Municipal de Exposições in Braga 9.30pm. Tickets: €22.50 to €25.

Drumming – April 15th at Coliseu in Oporto from 11.30am. Tickets: €10.

Fonzie – April 20th at Paradise Garage in Lisbon.

Plácido Domingo – April 21st at Pavilhão Atlântico in Lisbon from 9.30pm. Tickets: €37.50 to €295.

Scissor Sisters – April 27th at Coliseu in Lisbon from 9pm. Tickets: €25 to €180.

MAY

Mariza Gala – May 4th at Hotel Algarve Casino at Praia da Rocha, Portimão. Concert and dinner €60. Call 289 310 000 for more information.

Ute Lemper – May 5th at Faro Teatro das Figuras. Tickets: €37.50 to €40.

De-Phazz – May 10th at Paradise Garage in Lisbon from 10pm. Tickets: €20.

José Alberto Reis – May 12th at the Coliseu in Lisbon from 9.30pm. Tickets: €15 to €25.

The Who – May 16th at Pavilhão Atlântico in Lisbon. Further info TBA.

Marillion – May 17th at Aula Magna in Lisbon from 9.30pm. Tickets: €27 to €37.

Evan Parker & Herb Robeston & Anfusti Fernandez – May 17th at Centro cultural de Belém in Lisbon from 10.45pm. Entrance is free.

Bloc Party & Biffy Clyro – May 18th at the Coliseu in Lisbon from 9.30pm. Tickets: €25 to €150.

Julio Iglesias Romantic Tour – May 18th at Pavilhão Atlântico in Lisbon from 10pm. Tickets: €30 to €100.

The Prodigy, Who Made Who, Spektrum, Jahcooustic, Tiefschwarz, DJ Sander Kleinemberh – May 19th at Parque da Bela Vista in Lisbon. Further info TBA.

Beyoncé – May 24th from 8.30pm Pavilhão Atlântico, Tickets: €30 to €42.

Rui Veloso – May 25th and 26th at Póvoa de Varzim Casino from 11pm. Tickets: €50.

Dave Mathews Band – May 27th at Pavilhão Atlântico in Lisbon. Tickets: €30 to €42.

JUNE

Expensive Soul – June 15th at Vola de Rei from 11pm.

Il Divo – June 20th at Pavilhão Atlântico in Lisbon from 9pm. Tickets: €25 to €80.

JULY

Type O Negative – July 27th at Coliseu in Lisbon.

TICKETS: Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline); 213 240 580 (Lisbon Coliseu)

Events on these pages are published in good faith and in accordance with information given to us. We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing. Send your events to copy@the-news.net

FAIRS

Algarve Gardening - Faro

Whether you are a gardener by profession, or just for the love of it, this fair will have everything that you need. From flowers, trees, seeds, pools, ponds and gardening equipment, this fair

taking place from March 22nd until 25th is expected to attract hundreds of Portuguese and foreigners alike to the ExpoFaro grounds (next to the municipal swimming pools) in Faro.

CHARITY

Cheese & wine evening

The Tavira Fund Raisers are holding a charity Cheese & Wine Evening followed by a quiz on Friday 23rd March at the Casa de Povo, Conceição near Tavira from 7pm for 7.30. Cost per person is €15 euros.

Cynthia 281 324 795, Pat 281 323 493, Judith 281 326 840, Diane 281 962 591 or José 281 958 081. All proceeds will go to the Canil São Francisco do Assis in Loulé where abandoned or neglected cats and dogs are taken in and cared for.

WALK

Let's walk near Odelouca

A moderately easy two hour circular walk through the foothills and orange groves on Saturday, March 17th and Monday 19th. There is a small charge which includes a donation to charity. 10.30am start. Leave the A22 at the Portimão/Monchique exit and follow the signs for Monchique. At the roundabout

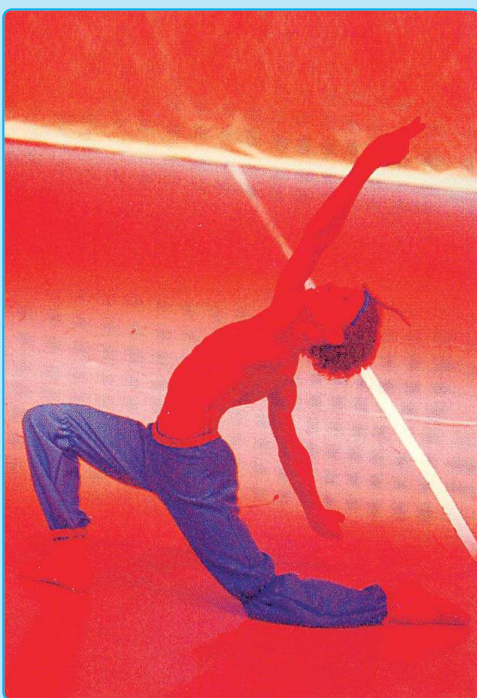
in Porto de Lagos go right towards Silves and after about 2km you cross over a bridge, about 20m after the bridge there is a distinct old blue house on the right with a road opposite. Turn left drive up the road and you will see a cafe on the left, meet here. Walk leader: Silvia Smeman 289 478 845 or 963 737 170.

St Patricks Walk

A 2.5 hour round trip walk in the foothills below Monchique will be held on Saturday, March 31st from 10am. The walk is fairly hilly and some of the tracks are a bit rough so wear your stoutest footwear. Start location is on the road from the 125 to Alcalar and Casais in the blue painted bar (no name) in the village of Moinho da Rocha. Meet

for a start at 10am (note earlier start time than usual). To reach the bar drive from the 125 northwards on the road that starts between the BP petrol station and the Meridian Penina hotel. Drive for 9km to the barn north of Alcalar and Nossa Senhora da Rocha. Lunch will be available. Pets are not allowed. Call Heddy White 282 356 419 or John O'Neill 969 459 029.

International Dance Competition - Faro

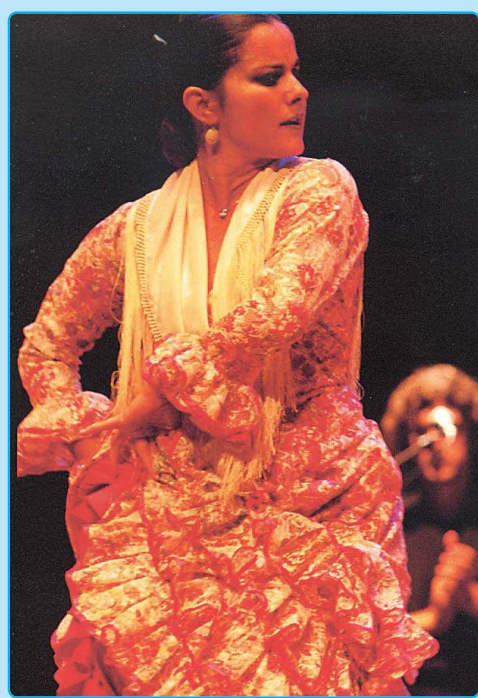


On March 24th and 25th, the Algarve will play host to the IV International Dance Competition 'Dançarte' at the Teatro das Figuras in Faro. The competition will feature young dancers from all over the world, competing in classical, contemporary and character dance as well as soloist, duet and group dances.

The event will commence at

9am until 2.30pm with competitions on both days, followed by a Gala on March 25th at 9.30pm. Event is organised by Beliaev Cultural Dance Association. The two under 17 dancers who win this competition will go on to compete in the Ukraine Dance World Cup 2007. For more information, call 289 888 100. Entrance is €10.

3rd Flamenco festival - Faro



More than simply a type of folk music, flamenco embodies a complex musical and cultural tradition. See some of Spain's most talented dancers perform at Lethes Theatre in Faro in two incredible performances starting at 9.30pm. The first on March 22nd is a show a gypsy-inspired Flamenco called 'Raices' choreographed by Antonio Molina, with Arab influence and

plenty of feeling of a suffering and persecuted people. The second showing will see 'La Fragua', featuring two singers, two dancers and a flamenco guitar player. 'La Fragua' (translated as the blacksmith's forge) is about a blacksmith's hard day at work performed on March 23rd. Visit www.teatromunicipaldefaro.pt. Entrance is €20 for both shows, or €12 each night.

FINE ART

2007 Spring Exhibition of oil paintings by Jessica Dunn

On Friday March 23rd and Saturday 24th, acclaimed artist Jessica Dunn will be exhibiting her latest collection of oil paintings in Clive Dunn's private Boliqueime studio, along with a selection of handmade ceramic and metal lamps, also by Jessica and talented craftsman José Ribeiro.

Jessica and José combined their artistic and practical skills to create original, unique, handmade lamps and candle-holders, using an amalgamation of metals and richly glazed ceramics. These will be on show along with a number of Jessica's

latest works of art; her beautiful oil paintings for which she is renowned.

The exhibition will be held on Friday evening, from 18h00 – 21h00, and all day Saturday, from 11h00 – 18h00. Refreshments will be served. Those who wish to view the exhibition but can't make it on the specified dates can phone to make an appointment for a private viewing.

The studio (also used for Priscilla Dunn's 'A Portada' Theatre Group rehearsals) is located near the Boliqueime cemetery and will be well sign-

posted.

For more information or further directions, call: (+351) 289 360 306, mobile: 962 544 650 or

962 447 022. Alternatively, e-mail: info@jessicadunnart.com, or see website: www.jessicadunnart.com.

Ewa Kuk - St Julians

Photographs by Ewa Kuk are currently on exhibition at St Julians School in Carcavelos

until March 30th.

Call 214 585 300 for more information.



Oil painting 'Grandad', by Jessica Dunn

SPORT

Jet Ski Cup – Portimão

The national Jet Ski Cup is to take place in Portimão again this year on Sunday, March 18th. The

event will be held in the Arade river, spectators will be able to see from the Portimão riverside.

Grand Buffet & Dance



In aid of the Lagoa Bombeiros

**Saturday, 31st March 2007
at 7.30 p.m.**

**at the Hotel Garbe,
Armação de Pera**

**€25.00 Admission
(incl. Buffet with wine/soft drinks)**

For tickets or information call:

**Val - 282 471 550 Or Julia - 919 679 404
Do - 967 095 943 or Maureen - 282 798 982**

ALGARVE

**SBC
FORUMALGARVE**
TEL: 289 887 212

15 MAR-21 MAR

1 Notes on a Scandal
Judi Dench, Cate Blanchett
13.20-15.30-17.40-19.50-22.00 (00.10 Thu-Sun)

Arthur and the Invisibles
Animation PV (11.00 Sat & Sun)

2 Dreamgirls
Beyoncé Knowles, Jennifer Hudson
13.10-15.55-18.50-21.40 (00.30 Thu-Sun)

3 The Painted Veil
Naomi Watts, Edward Norton
13.15-16.00-18.45-21.30 (00.15 Thu-Sun)

4 Ghost Rider
Nicolas Cage, Eva Mendes
(12.20 Sat & Sun) 14.50-17.20-19.45-22.20 (00.40 Thu-Sun)

5 Norbit
Eddie Murphy, Thandie Newton
(12.25 Sat & Sun) 14.45-17.10-19.30-21.50 (00.20 Thu-Sun)

6 The Good Shepherd
Matt Damon, Angelina Jolie
17.35-21.00

Charlotte's Web
Dakota Fanning, Beau Bridges (PV)
(11.50 Sat & Sun) 14.10

Little Children
Kate Winslet, Patrick Wilson
(00.25 Thu-Sun)

7 Miss Potter
Renee Zellweger, Ewan McGregor,
14.00-19.00 (16.20 except Thu 15th)

The Last King of Scotland
Forest Whitaker, James McAvoy
(16.15 only on Thu 15th) 21.20

Blood Diamond
Djimon Hounsou, Leonardo DiCaprio
(00.05 Thu-Sun)

8 Flushed Away - Animation PV
(11.40 Sat & Sun)

Pan's Labyrinth
Ivana Baquero, Ariadna Gil
14.30-17.05-19.35 (00.35 Thu-Sun)

Pulse
Ian Somerhalder, Kristen Bell (22.10)

9 Little Children
Kate Winslet, Patrick Wilson
15.20-18.15-21.10

The Good Shepherd
Matt Damon, Angelina Jolie
(23.55 Thu-Sun)

Happy Feet - Animation PV
(11.25 Sat & Sun)

**CASTELLO LOPES CINEMAS
PORTIMÃO**
TEL: 707 220 220

15 MAR-21 MAR

1 Ghost Rider
Nicolas Cage, Eva Mendes
13.50-16.05-18.35-21.30 (23.55 Fri & Sat)

2 The Pursuit of Happyness
Will Smith, Jaden Smith
13.45-16.15-18.45-21.20 (23.50 Fri & Sat)

3 Charlotte's Web
Dakota Fanning, Beau Bridges (PV)
(13.40-16.10-18.40 Sat & Sun)

Dreamgirls
Beyoncé Knowles, Jennifer Hudson
(13.40-16.10-18.40-21.15 except Sat & Sun) (23.50 Fri & Sat)

4 The Departed
Leonardo DiCaprio, Matt Damon
14.00-16.50-21.10 (00.00 Fri & Sat)

5 Smokin' Aces
Ryan Reynolds, Jeremy Piven
14.05-16.25-18.55-21.40 (0.05 Fri & Sat)

6 Norbit
Eddie Murphy, Thandie Newton
14.10-16.30-19.00-21.50 (00.10 Fri & Sat)

**CASTELLO LOPES CINEMAS
ALGARVESHOPPING**
TEL: 707 220 220

15 MAR-21 MAR

1 Little Children
Kate Winslet, Patrick Wilson
13.10-15.55-18.45-21.20 (00.05 Fri & Sat)

2 Norbit
Eddie Murphy, Thandie Newton
13.30-16.00-18.25-21.45 (23.55 Fri & Sat)

3 Smokin' Aces
Ryan Reynolds, Jeremy Piven
13.00

The Pursuit of Happyness
Will Smith, Jaden Smith
15.50-18.20-21.10 (23.50 Fri & Sat)

4 The Good Shepherd
Matt Damon, Angelina Jolie
13.40-17.00-21.00 (00.10 Fri & Sat)

5 Charlotte's Web
Dakota Fanning, Beau Bridges (PV)
14.00-16.30-19.00

Pan's Labyrinth
Ivana Baquero, Ariadna Gil
22.00 (00.35 Fri & Sat)

6 Dreamgirls
Beyoncé Knowles, Jennifer Hudson
13.20-16.20-18.55-21.40 (00.30 Fri & Sat)

7 The Last King of Scotland
Forest Whitaker, James McAvoy
13.05-16.10-18.50-21.35 (0.15 Fri & Sat)

8 Ghost Rider
Nicolas Cage, Eva Mendes
13.50-16.15-18.35-21.30 (0.20 Fri & Sat)

9 Pulse
Ian Somerhalder, Kristen Bell
14.10-16.40-19.10-21.50 (0.00 Fri & Sat)

CENTRE

**LUSOMUNDO
ALMADA FORUM**
TEL: 707 246362

15 MAR-21 MAR

Norbit
Eddie Murphy, Thandie Newton
Fur: An Imaginary Portrait of Diane Arbus

Nicole Kidman, Robert Downey Jr
The Painted Veil
Naomi Watts, Edward Norton

Suicídio Encomendado
João Fino, José Wallenstein

Ghost Rider
Nicolas Cage, Eva Mendes

Pulse
Ian Somerhalder, Kristen Bell
Brava Dança

Musical Documentary
Dreamgirls
Beyoncé Knowles, Jennifer Hudson

Pan's Labyrinth
Ivana Baquero, Ariadna Gil
Notes on a Scandal

Judi Dench, Cate Blanchett
The Good Shepherd
Matt Damon, Angelina Jolie

Smokin' Aces
Ryan Reynolds, Jeremy Piven
Drying Lessons

Rupert Grint, Julie Walters
Hannibal Rising
Gaspard Ulliel, Gong Li

The Last King of Scotland
Forest Whitaker, James McAvoy
Charlotte's Web

Dakota Fanning, Beau Bridges PV
The Pursuit of Happyness
Will Smith, Jaden Smith

Blood Diamond
Djimon Hounsou, Leonardo DiCaprio
Arthur and the Invisibles

Animation PV
**MILLENNIUM
ALVALÁXIA**
TEL: 21 754 9000

15 MAR-21 MAR

1 The Good German
George Clooney, Cate Blanchett

2 Norbit
Eddie Murphy, Thandie Newton

3 The Painted Veil
Naomi Watts, Edward Norton

4 Ghost Rider
Nicolas Cage, Eva Mendes

5 Little Red Flowers
Dong Bowen, Ning Yuanquan

6 Curse of the Golden Flower
Chow Yun-Fat, Gong Li

7 Notes on a Scandal
Judi Dench, Cate Blanchett

Smokin' Aces
Ryan Reynolds, Jeremy Piven

8 Pan's Labyrinth
Ivana Baquero, Ariadna Gil

9 Suicídio Encomendado
João Fino, José Wallenstein

10 The Good Shepherd
Matt Damon, Angelina Jolie

The Celestine Prophecy
Matthew Settle, Joaquim de Almeida

11 The Last King of Scotland
Forest Whitaker, James McAvoy

The Departed
Leonardo DiCaprio, Matt Damon

12 Pulse
Ian Somerhalder, Kristen Bell

Charlotte's Web
Dakota Fanning, Beau Bridges

The Queen
Helen Mirren, Michael Sheen

13 Blood Diamond
Djimon Hounsou, Leonardo DiCaprio

Happy Feet - Animation PV
14 Dreamgirls
Beyoncé Knowles, Jennifer Hudson

15 Letters from Iwo Jima
Ken Watanabe, Kazunari Ninomiya

16 Miss Potter
Renee Zellweger, Ewan McGregor,

**LUSOMUNDO
AMOREIRAS**
TEL: 707 246362

15 MAR-21 MAR

Norbit
Eddie Murphy, Thandie Newton

Fur: An Imaginary Portrait of Diane Arbus
Nicole Kidman, Robert Downey Jr

Little Red Flowers
Dong Bowen, Ning Yuanquan

The Painted Veil
Naomi Watts, Edward Norton

Dreamgirls
Beyoncé Knowles, Jennifer Hudson

The Good Shepherd
Matt Damon, Angelina Jolie

The Celestine Prophecy
Matthew Settle, Joaquim de Almeida

Happy Feet - Animation PV

**LUSOMUNDO
CASCAISHOPPING**
TEL: 707 246362

15 MAR-21 MAR

Norbit
Eddie Murphy, Thandie Newton

The Painted Veil
Naomi Watts, Edward Norton

Ghost Rider
Nicolas Cage, Eva Mendes

Pulse
Ian Somerhalder, Kristen Bell

Brava Dança
Musical Documentary

Dreamgirls
Beyoncé Knowles, Jennifer Hudson

Pan's Labyrinth
Ivana Baquero, Ariadna Gil

The Good Shepherd
Matt Damon, Angelina Jolie

Charlotte's Web
Dakota Fanning, Beau Bridges PV

Arthur and the Invisibles
Animation PV

**LUSOMUNDO
COLOMBO**
TEL: 707 246362

15 MAR-21 MAR

Norbit
Eddie Murphy, Thandie Newton

Fur: An Imaginary Portrait of Diane Arbus
Nicole Kidman, Robert Downey Jr

Suicídio Encomendado
João Fino, José Wallenstein

Miss Potter
Renee Zellweger, Ewan McGregor,

Ghost Rider
Nicolas Cage, Eva Mendes

Pulse
Ian Somerhalder, Kristen Bell

Dreamgirls
Beyoncé Knowles, Jennifer Hudson

Pan's Labyrinth
Ivana Baquero, Ariadna Gil

The Good Shepherd
Matt Damon, Angelina Jolie

Hannibal Rising
Gaspard Ulliel, Gong Li

The Last King of Scotland
Forest Whitaker, James McAvoy

Charlotte's Web
Dakota Fanning, Beau Bridges PV

Blood Diamond
Djimon Hounsou, Leonardo DiCaprio

The Departed
Leonardo DiCaprio, Matt Damon

**UCICINEMAS
ELCORTEINGLÉS**
TEL: 707 23 22 21

15 MAR-21 MAR

1 The Queen
Helen Mirren, Michael Sheen

Pan's Labyrinth
Ivana Baquero, Ariadna Gil

2 The Good Shepherd
Matt Damon, Angelina Jolie
(except Sunday)

Blood Diamond
Djimon Hounsou, Leonardo DiCaprio

3 Letters from Iwo Jima
Ken Watanabe, Kazunari Ninomiya

The Last King of Scotland
Forest Whitaker, James McAvoy

4 Charlotte's Web
Dakota Fanning, Beau Bridges
Only on the weekend (PV)

The Departed
Leonardo DiCaprio, Matt Damon

5 The Good German
George Clooney, Cate Blanchett

6 The Painted Veil
Naomi Watts, Edward Norton

7 Miss Potter
Renee Zellweger, Ewan McGregor,

Smokin' Aces
Ryan Reynolds, Jeremy Piven

8 Curse of the Golden Flower
Chow Yun-Fat, Gong Li

Venus
Peter O'Toole, Leslie Phillips

9 Ghost Rider
Nicolas Cage, Eva Mendes

10 Dreamgirls
Beyoncé Knowles, Jennifer Hudson

11 Notes on a Scandal
Judi Dench, Cate Blanchett

12 Norbit
Eddie Murphy, Thandie Newton

13 The Fountain
Hugh Jackman, Rachel Weisz

14 Fur: An Imaginary Portrait of Diane Arbus
Nicole Kidman, Robert Downey Jr

**LUSOMUNDO
FORUM MONTIJO**
TEL: 707 246362

15 MAR-21 MAR

Norbit
Eddie Murphy, Thandie Newton

Ghost Rider
Nicolas Cage, Eva Mendes

Dreamgirls
Beyoncé Knowles, Jennifer Hudson

The Good Shepherd
Matt Damon, Angelina Jolie

Smokin' Aces
Ryan Reynolds, Jeremy Piven

Charlotte's Web
Dakota Fanning, Beau Bridges (PV)

Blood Diamond
Djimon Hounsou, Leonardo DiCaprio

**LUSOMUNDO
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15 MAR-21 MAR

Norbit
Eddie Murphy, Thandie Newton

Ghost Rider
Nicolas Cage, Eva Mendes

Dreamgirls
Beyoncé Knowles, Jennifer Hudson

Notes on a Scandal
Judi Dench, Cate Blanchett

The Good Shepherd
Matt Damon, Angelina Jolie

Black Book
Carice Van Houten, Sebastian Koch

Blood Diamond
Djimon Hounsou, Leonardo DiCaprio

Arthur and the Invisibles
Animation PV

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15 MAR-21 MAR

Norbit
Eddie Murphy, Thandie Newton

The Good German
George Clooney, Cate Blanchett

Ghost Rider
Nicolas Cage, Eva Mendes

Dreamgirls
Beyoncé Knowles, Jennifer Hudson

Pan's Labyrinth
Ivana Baquero, Ariadna Gil

Notes on a Scandal
Judi Dench, Cate Blanchett

The Good Shepherd
Matt Damon, Angelina Jolie

Arthur and the Invisibles
Animation PV

Hoodwinked - Animation PV

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15 MAR-21 MAR

Norbit
Eddie Murphy, Thandie Newton

Miss Potter
Renee Zellweger, Ewan McGregor,

Ghost Rider
Nicolas Cage, Eva Mendes

Pan's Labyrinth
Ivana Baquero, Ariadna Gil

Notes on a Scandal
Judi Dench, Cate Blanchett

Charlotte's Web
Dakota Fanning, Beau Bridges (PV)

**LUSOMUNDO
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15 MAR-21 MAR

Norbit
Eddie Murphy, Thandie Newton

Fur: An Imaginary Portrait of Diane Arbus
Nicole Kidman, Robert Downey Jr

The Painted Veil
Naomi Watts, Edward Norton

Suicídio Encomendado
João Fino, José Wallenstein

Ghost Rider
Nicolas Cage, Eva Mendes

Pulse
Ian Somerhalder, Kristen Bell

Brava Dança
Musical Documentary

Dreamgirls
Beyoncé Knowles, Jennifer Hudson

The Good Shepherd
Matt Damon, Angelina Jolie

Charlotte's Web
Dakota Fanning, Beau Bridges (PV)

Blood Diamond
Djimon Hounsou, Leonardo DiCaprio

Arthur and the Invisibles
Animation PV

OV = Original Version

PV = Portuguese Version

OV = Original Version

PV = Portuguese Version



WHAT IF YOU COULD LIVE FOREVER?

THE FOUNTAIN

What if you could live forever? *The Fountain* is an odyssey about one man's eternal struggle to save the woman he loves. His epic journey begins in 16th century Spain, where conquistador Tomas (Hugh Jackman)

commences his search for the Fountain of Youth, the legendary entity believed to grant immortality. As modern-day scientist Tommy Creo, he desperately struggles to find a cure for the cancer that is killing his beloved wife, Isabel (Rachel Weisz). Travelling through deep space as a 26th century astronaut, Tom begins to grasp the mysteries that have consumed him for a millennium. The three stories converge into one truth, as the Thomas of all periods - warrior, scientist, and explorer - comes to terms with life, love, death and rebirth.



Was Diane Arbus a brilliant innovator whose photographs captured the beauty in the most desperate of subjects? Or was she an exploiter of "freaks," shilling pictures of the deformed as a modern-day sideshow? Regardless of where one stands on her work, few can argue its impact on the art world. In *FUR: AN IMAGINARY PORTRAIT OF DIANE ARBUS*, director Steven Shainberg makes a bold first

attempt at bringing the artist to the big screen. The film opens with Arbus (Nicole Kidman) living as a depressed housewife in a ritzy Park Avenue apartment. Assisting her husband Allen (Ty Burrell) in his photography studio, Arbus helps him shoot ads for women's magazines. One night, after spying her mysterious next door neighbor—a sharply dressed man with a

hood over his face—Arbus decides to heed her husband's advice to step out and take some photos of her own. She climbs the stairs to her neighbor's apartment with the intention of taking his portrait, and there she meets Lionel (Robert Downey, Jr.). Lionel suffers from hypertrichosis, a disease that causes thick hair to grow over every inch of his body, including his face.

He and Arbus strike up a flirtatious friendship, and he introduces her to the underworld of New York. They party with dwarves, dominatrixes, and circus performers—all future subjects of Arbus photographs. Arbus's marriage soon begins to fall apart, and her relationship with Lionel builds towards a traumatic, but transformative, end.

In an unusual twist, screenwriter Erin Cressida Wilson has completely fabricated the character of Lionel, and his ensuing effect on Arbus. He is Wilson's fantastical idea of what might have spurred Arbus's metamorphosis from repressed housewife to daring documentarian of those living on the fringe. As the title states, this isn't a biopic—it's an "imaginary portrait," and while some might take exception to *FUR*'s surreal spin on reality, others might find the unconventional film a fitting tribute to the always unconventional artist.

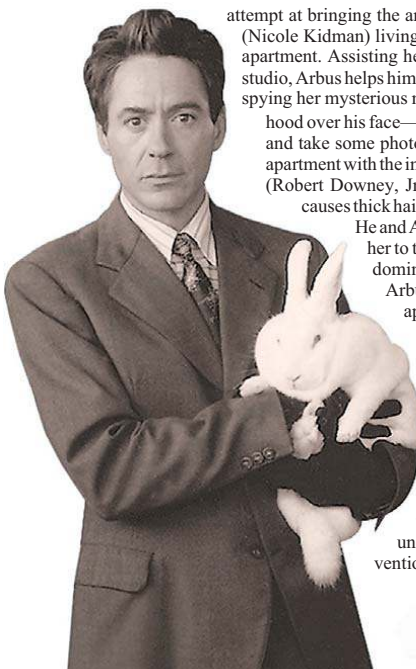
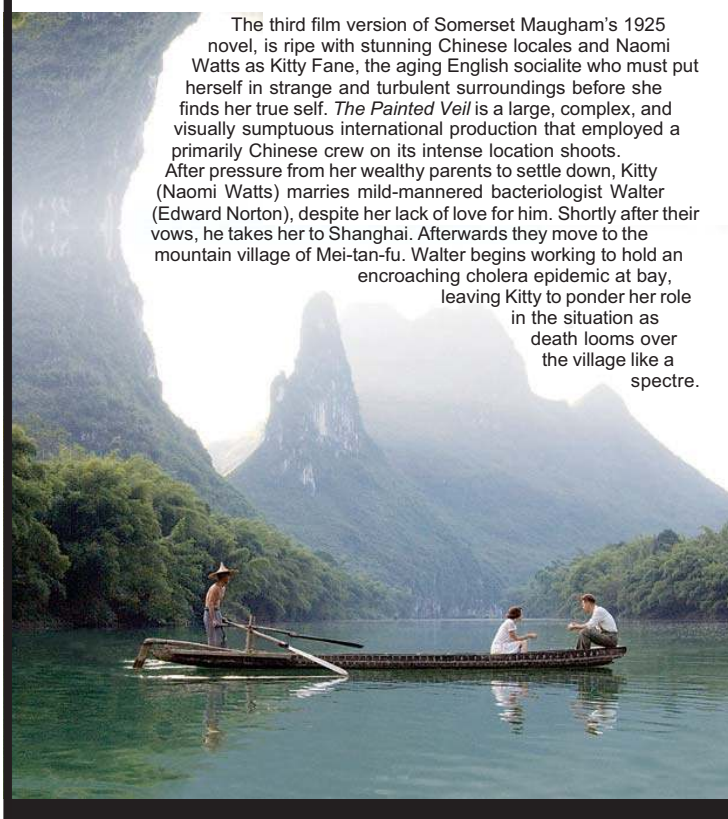
FUR

AN IMAGINARY PORTRAIT OF DIANE ARBUS



THE PAINTED VEIL

The third film version of Somerset Maugham's 1925 novel, is ripe with stunning Chinese locales and Naomi Watts as Kitty Fane, the aging English socialite who must put herself in strange and turbulent surroundings before she finds her true self. *The Painted Veil* is a large, complex, and visually sumptuous international production that employed a primarily Chinese crew on its intense location shoots. After pressure from her wealthy parents to settle down, Kitty (Naomi Watts) marries mild-mannered bacteriologist Walter (Edward Norton), despite her lack of love for him. Shortly after their vows, he takes her to Shanghai. Afterwards they move to the mountain village of Mei-tan-fu. Walter begins working to hold an encroaching cholera epidemic at bay, leaving Kitty to ponder her role in the situation as death looms over the village like a spectre.



NORBIT



Norbit (Eddie Murphy) has never had it easy. As a baby, he was abandoned on the steps of a Chinese restaurant/orphanage and raised by Mr. Wong (Eddie Murphy). Things get worse when he is forced into marriage by the mean, junk food-chugging queen, Rasputia (Eddie Murphy). Just when Norbit is hanging by his last thread, his childhood sweetheart, Kate (Thandie Newton), moves back to town. Norbit will show them all that nice guys sometimes finish first.

CELEB NEWS

Johnny Depp's young daughter is "doing much better" after being struck down by an undisclosed illness, according to the star's representative. The British newspaper *Daily Mirror* reported yesterday that Depp's seven-year-old daughter, Lily-Rose, had been rushed to an English hospital 10 days ago and the actor and his longtime partner, **Vanessa Paradis**, had been by her bedside every day. But, in a statement released by the actor's representative, **Robin Baum**, she says, "We are happy to report that their daughter is doing much better. The family greatly appreciates the continued support and respect of their privacy." Depp has been filming a movie version of the stage musical **Sweeney Todd** in England. A representative from the studio adds, "We have adjusted the schedule to accommodate (Depp's) needs at this moment. We understand that (Lily-Rose) is improving. Obviously, everybody at the studio is certainly with them in their good spirits." Depp and French model/actress Paradis also have a four-year-old son Jack.

«»» **Whitney Houston** has finally started work on her comeback album after stepping into a Los Angeles recording studio yesterday. The troubled singer has spent time in rehab over the past year over controversy regarding her drug abuse, but has now teamed up with her mentor **Clive Davis** to record tracks for a new album. With **John Legend** and **Ne-Yo** lined up to work with the diva, Houston is currently working with Grammy Award-winning songwriter and producer **Johnta Austin**, who wrote **Mariah Carey's** hit "We Belong Together." According to Fox News, music mogul Clive Davis has already selected up to seven tunes for the star, including songs by **R Kelly** and **Diane Warren**. Houston is also reportedly working with a vocal coach to ensure her voice has not been affected by drug abuse and smoking. «»» Music legend **Aretha Franklin** wants Academy Award winner **Jennifer Hudson** to play her in an upcoming film based on her life. The Queen of Soul appeared backstage at the Rock and Roll Hall of Fame induction ceremony on Monday night, where she talked about Hudson being the ideal choice to portray her. A book on Franklin's life is scheduled to debut as a theatre production in the coming months, with talk of Hudson playing the soul legend in the film adaptation already in circulation. Hudson won a Best Supporting Actress Oscar last month for her role as Effie White in the movie musical **Dreamgirls**. «»» **Secretary** star **Maggie Gyllenhaal** is in final talks to replace **Katie Holmes** in the **Batman Begins** sequel. The new mom became an instant favorite to take on the Rachel Dawes character in **The Dark Knight** after Holmes quit the role shortly after becoming Mrs. **Tom Cruise**. Director **Christopher Nolan** tells The Hollywood Reporter, "I'm extremely excited to work with an actress of Maggie's caliber, and she's a great addition to the cast." Cameras will role on the film, which stars **Christian Bale** as the comic book hero, this spring. The film will be released in 2008. «»» **Rush Hour** star **Jackie Chan** has given Los Angeles police a boost after agreeing to star in a new recruitment campaign. The martial arts hero donned police attire to join Los Angeles County Sheriff Lee Baca in Monterey Park, California to announce the new initiative, aimed at encouraging more Asian-Americans to enter the organization. Chan will star in a public service announcement for the sheriff's department. The actor/singer was made an honorary sheriff's deputy during the low-key press conference and told Sheriff Baca he'd always dreamed of becoming a police officer as a child growing up, and he's always happy to promote police causes. At the press conference he said, "I'm the police ambassador in Taiwan, Japan, Hong Kong, China, everywhere." «»»

NORTH

UCICINEMAS
ARRABIDASHOPPING
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15 MAR-21 MAR



1 **The Fountain**
Hugh Jackman, Rachel Weisz
2 **The Departed**
Leonardo DiCaprio, Matt Damon
3 **The Good German**
George Clooney, Cate Blanchett
4 **Pan's Labyrinth**
Ivana Baquero, Ariadna Gil
5 **Curse of the Golden Flower**
Chow Yun-Fat, Gong Li
6 **Half Nelson**
Ryan Gosling, Shareeka Epps
7 **The Pursuit of Happyness**
Will Smith, Jaden Smith
8 **Pulse**
Ian Somerhalder, Kristen Bell
9 **The Queen**
Helen Mirren, Michael Sheen
10 **Hannibal Rising**
Gaspard Ulliel, Gong Li
11 **Relative Strangers**
Danny DeVito, Kathy Bates
12 **Smokin' Aces**
Ryan Reynolds, Jeremy Piven
13 **Notes on a Scandal**
Judi Dench, Cate Blanchett
14 **Blood Diamond**
Djimon Hounsou, Leonardo DiCaprio
15 **Fur: An Imaginary Portrait of Diane Arbus**
Nicole Kidman, Robert Downey Jr
16 **The Painted Veil**
Naomi Watts, Edward Norton
17 **The Good Shepherd**
Matt Damon, Angelina Jolie
18 **The Last King of Scotland**
Forest Whitaker, James McAvoy
19 **Ghost Rider**
Nicolas Cage, Eva Mendes
20 **Norbit**
Eddie Murphy, Thandie Newton
21 **Miss Potter**
Renee Zellweger, Ewan McGregor
22 **Letters from Iwo Jima**
Ken Watanabe, Kazunari Ninomiya
23 **Charlotte's Web**
Dakota Fanning, Beau Bridges (PV)
24 **Babel**
Brad Pitt, Cate Blanchett
25 **Dreamgirls**
Beyoncé Knowles, Jennifer Hudson

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15 MAR-21 MAR

Norbit
Eddie Murphy, Thandie Newton
Ghost Rider
Nicolas Cage, Eva Mendes
Dreamgirls
Beyoncé Knowles, Jennifer Hudson
Arthur and the Invisibles
Animation PV

■ OV = Original Version
■ PV = Portuguese Version
■

LUSOMUNDO
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TEL: 707 246362
15 MAR-21 MAR

Suicídio Encomendado
João Fino, José Wallenstein
Curse of the Golden Flower
Chow Yun-Fat, Gong Li
Dreamgirls
Beyoncé Knowles, Jennifer Hudson
Pan's Labyrinth
Ivana Baquero, Ariadna Gil
The Good Shepherd
Matt Damon, Angelina Jolie
Black Book
Carice Van Houten, Sebastian Koch
The Last King of Scotland
Forest Whitaker, James McAvoy
The Pursuit of Happyness
Will Smith, Jaden Smith
Notes on a Scandal
Judi Dench, Cate Blanchett
The Departed
Leonardo DiCaprio, Matt Damon

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15 MAR-21 MAR

Norbit
Eddie Murphy, Thandie Newton
Ghost Rider
Nicolas Cage, Eva Mendes
The Good Shepherd
Matt Damon, Angelina Jolie
Smokin' Aces
Ryan Reynolds, Jeremy Piven
Black Book
Carice Van Houten, Sebastian Koch
Blood Diamond
Djimon Hounsou, Leonardo DiCaprio
Babel
Brad Pitt, Cate Blanchett
Flushed Away
Animation PV

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15 MAR-21 MAR

Norbit
Eddie Murphy, Thandie Newton
Fur: An Imaginary Portrait of Diane Arbus
Nicole Kidman, Robert Downey Jr
Miss Potter
Renee Zellweger, Ewan McGregor
Pulse
Ian Somerhalder, Kristen Bell
Brava Dança
Musical Documentary
Dreamgirls
Beyoncé Knowles, Jennifer Hudson
Pan's Labyrinth
Ivana Baquero, Ariadna Gil
The Good Shepherd
Matt Damon, Angelina Jolie
Arthur and the Invisibles
Animation PV
Happy Feet
Animation PV

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15 MAR-21 MAR

Miss Potter
Renee Zellweger, Ewan McGregor
Curse of the Golden Flower
Chow Yun-Fat
Pan's Labyrinth
Ivana Baquero, Ariadna Gil
The Good Shepherd
Matt Damon, Angelina Jolie
The Last King of Scotland
Forest Whitaker, James McAvoy
Charlotte's Web
Dakota Fanning, Beau Bridges (PV)
The Pursuit of Happyness
Will Smith, Jaden Smith
Scoop
Scarlett Johansson, Hugh Jackman

Babel

Brad Pitt, Cate Blanchett
The Departed
Leonardo DiCaprio, Matt Damon

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15 MAR-21 MAR

Norbit
Eddie Murphy, Thandie Newton
Ghost Rider
Nicolas Cage, Eva Mendes
Notes on a Scandal
Judi Dench, Cate Blanchett
Smokin' Aces
Ryan Reynolds, Jeremy Piven
Driving Lessons
Rupert Grint, Julie Walters
Hannibal Rising
Gaspard Ulliel, Gong Li
Letters from Iwo Jima
Ken Watanabe, Kazunari Ninomiya
Charlotte's Web
Dakota Fanning, Beau Bridges PV & OV
Blood Diamond
Djimon Hounsou, Leonardo DiCaprio

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15 MAR-21 MAR

Norbit
Eddie Murphy, Thandie Newton
Ghost Rider
Nicolas Cage, Eva Mendes
The Good Shepherd
Matt Damon, Angelina Jolie
Smokin' Aces
Ryan Reynolds, Jeremy Piven
Black Book
Carice Van Houten, Sebastian Koch
Blood Diamond
Djimon Hounsou, Leonardo DiCaprio
Babel
Brad Pitt, Cate Blanchett
Ice Age 2
Animation OV & PV

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15 MAR-21 MAR

Norbit
Eddie Murphy, Thandie Newton
Ghost Rider
Nicolas Cage, Eva Mendes
Dreamgirls
Beyoncé Knowles, Jennifer Hudson
Blood Diamond
Djimon Hounsou, Leonardo DiCaprio
Babel
Brad Pitt, Cate Blanchett
Flushed Away
Animation

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15 MAR-21 MAR

Norbit
Eddie Murphy, Thandie Newton
Suicídio Encomendado
João Fino, José Wallenstein
Ghost Rider
Nicolas Cage, Eva Mendes
Pulse
Ian Somerhalder, Kristen Bell
Dreamgirls
Beyoncé Knowles, Jennifer Hudson
Pan's Labyrinth
Ivana Baquero, Ariadna Gil
The Good Shepherd
Matt Damon, Angelina Jolie
Hannibal Rising
Gaspard Ulliel, Gong Li
Charlotte's Web
Dakota Fanning, Beau Bridges (PV)
Blood Diamond
Djimon Hounsou, Leonardo DiCaprio

LUSOMUNDO
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TEL: 707 246362
15 MAR-21 MAR

Norbit
Eddie Murphy, Thandie Newton
Suicídio Encomendado
João Fino, José Wallenstein
Ghost Rider
Nicolas Cage, Eva Mendes
Curse of the Golden Flower
Chow Yun-Fat
The Good Shepherd
Matt Damon, Angelina Jolie
Smokin' Aces
Ryan Reynolds, Jeremy Piven
Driving Lessons
Rupert Grint, Julie Walters
The Last King of Scotland
Forest Whitaker, James McAvoy
Charlotte's Web
Dakota Fanning, Beau Bridges PV & OV
The Wicker Man
Nicolas Cage, Ellen Burstyn
Babel
Brad Pitt, Cate Blanchett
The Departed
Leonardo DiCaprio, Matt Damon

LUSOMUNDO
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15 MAR-21 MAR

Norbit
Eddie Murphy, Thandie Newton
Fur: An Imaginary Portrait of Diane Arbus
Nicole Kidman, Robert Downey Jr
The Painted Veil
Naomi Watts, Edward Norton
Suicídio Encomendado
João Fino, José Wallenstein
Miss Potter
Renee Zellweger, Ewan McGregor
Ghost Rider
Nicolas Cage, Eva Mendes
Curse of the Golden Flower
Chow Yun-Fat, Gong Li
Dreamgirls
Beyoncé Knowles, Jennifer Hudson
Notes on a Scandal
Judi Dench, Cate Blanchett
The Good Shepherd
Matt Damon, Angelina Jolie
Arthur and the Invisibles
Animation PV

LUSOMUNDO
PARQUENASCENTE
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15 MAR-21 MAR

Norbit
Eddie Murphy, Thandie Newton
Suicídio Encomendado
João Fino, José Wallenstein
Ghost Rider
Nicolas Cage, Eva Mendes
Curse of the Golden Flower
Chow Yun-Fat, Gong Li
Dreamgirls
Beyoncé Knowles, Jennifer Hudson
The Good Shepherd
Matt Damon, Angelina Jolie
Smokin' Aces
Ryan Reynolds, Jeremy Piven
Charlotte's Web
Dakota Fanning, Beau Bridges (PV)
The Wicker Man
Nicolas Cage, Ellen Burstyn
Blood Diamond
Djimon Hounsou, Leonardo DiCaprio
Babel
Brad Pitt, Cate Blanchett
The Departed
Leonardo DiCaprio, Matt Damon
Relative Strangers
Danny DeVito, Kathy Bates

■ OV = Original Version
■ PV = Portuguese Version
■

Announcements

ALGARVE AUCTIONS, all you need to furnish a home at bargain prices, 1st Sat. of the month at Barracha. Contact Tina on mobile 919 767 066.

CASA IS a well-known local social club of over 300 members who raise money to help many needs in the area. Open to single/ couples, with a monthly newsletter of events and dinners at local venues for reasonable prices. Outings are arranged to some interesting places in Portugal or Spain. Call Franz on Tel.: 282 312 819.

Charity sales

LAGOS ANIMAL Protection Society has a charity sale at Burgau Sports Club every 2nd Sat. of the month. All proceeds go towards helping Algarve animals. For further details please phone Tel.: 282 687 334 or mobile 966 047 994 after 6pm.

THE ANIMAL charity shop behind the pharmacy in Montechoro needs volunteers to help in the shop & also other volunteers to transport animals to the vet or the abandoned animals home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help would be greatly appreciated. Please call Lesley on mobile 962 414 584 or call into the animal charity shop in Montechoro.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. If you don't want it, let us sell it. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare.

HELP THE orphans. Visit the bazaar in aid of the children in need. Find us in Estoi, opposite palace gates, Wed. to Sat. 10am -5pm. Mobile 966 573 272, Tel.: 289 991 319 or 289 721 938.

Every day 100 people start to lose their sight. Your support helps rebuild lives devastated by sight loss.



The Sunshine Fund for Blind Children (RNIB) need all your **new and used stamps**, which are sold to raise much-needed funds. If you would like to help, post your stamps to:
The Portugal News, Apartado 13, 8401-901, Lagoa. (and we will forward them on)
OR
R N I B, 20 Bowers Road, Benfleet, Essex, SS7 5PZ, England.

RNIB
Tel.: +44 01268 565 646 terri@rnibstamps.org.uk www.rnibstamps.org.uk

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Is your home phone in someone else's name or perhaps in an off-shore company name? Do your friends have problems finding your number? No problem, call DQ on 760 50 60 70 and place your number in our residential directory, free of charge. Fixed line, fax, mobile - you choose. We also offer a restricted access service, also free, which means your number is only made available to people who can correctly answer a confidential question provided by you. dq directory enquiries in your language.



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ABACHARITY shop, Av. do Tenis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

CAR BOOT Sale held every 3rd Sun. of the month at 'Restaurant Quinta dos Areos', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on mobile 919 457 263 or email her for more info on Happyhounds@mail.telepac.pt.

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LANGUAGE INSTITUTE seeks English and French Teachers (M/F), to teach in the Algarve.
Requirements: Certified teacher, minimum of 1 year teaching experience, CAP valid until July 2007 (minimum).
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Property Manager with ARLA level 1, experienced in all aspects of property management and maintenance, although alternative positions considered.

Please contact Robert on 914 778 219 or 282 415 311 or via email Hearn@Sapo.pt

QUINTA PROPERTIES, the leading Real Estate Agency in Quinta do Lago is looking for sales executives. Please send CV to info@quintaproperty.com

PART TIME young lady required to promote a range of English pies / sausage in supermarkets, fairs, exhibitions throughout Algarve. Further details call mobile 969 785 044.

Up for a Challenge?

Moveison, the **Algarve's** leading supplier of outdoor furniture and accessories is getting **BIGGER!**

We are about to open a brand new site in Carvoeiro and are looking for **out-going** and lively sales people to join our team.

Ideally you will speak both Portuguese and English and have relevant retail or sales experience.

Good rates of pay and benefits are available for the right people.

Think you are ready for a new and exciting challenge?

Then e-mail your CV to moveison_carvoeiro@netvisao.pt or call Stephanie on 282 798 101. We look forward to hearing from you soon!

classads@the-news.net

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- English speaking (Portuguese knowledge);
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 - Previous sales experience;
 - Resident in Lagoa/Carvoeiro/Silves area;
 - Own car;
 - Internet / Computer experience;
 - Good knowledge of Lagoa area;
 - More than 27 years old;
 - CV only to email: fastemail@uk2.net or fax 282 087 457;
 - Unique sales commissions plan;
- Contact to 963 484 560 only 14:30 to 18:30.

Beauty Therapy Sales Consultants Required

Rejuvenate Lda are the exclusive distributor in Portugal for a unique range of scientific slimming and toning systems, sold to specialist clinics and salons throughout the country.

We are looking for dynamic sales consultants throughout Portugal to spearhead the launch of a revolutionary new technology.

Candidates must be fluent in both Portuguese and English (written & oral) and have the drive and motivation to help generate significant sales opportunities at exclusive salons and clinics in your area.

A qualification or background in the beauty industry, with knowledge of electrical applications, will be a distinct advantage.

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Jason Sedgwick, Rejuvenate Lda., Rua Perth Amboy, 15B, 2500-240, Caldas Da Rainha, Portugal.
Email: sedgwick1@sapo.pt Tel: 96 398 6589

Sought

ANGLO-PORTUGUESE in Lisbon / Cascais area available for baby sitting, lessons and / or translations either language. Mature, trustworthy, computer literate, own transport, references. Mobile 917 087 715.

BRITISH / FRENCH lady, very experienced with horses, livery, training, show jumping, dressage, exercise, riding lessons, looking for suitable work, in central Algarve, as of April / May. Please send an email to: np88dl@mail.telepac.pt or call mobile 919 755 730, ask for Katrina.

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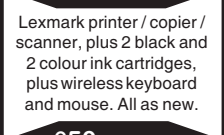
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parenting

Mum knows best

Mums are expected to have the answers to everything - but what about when they don't? The author of a new book called Mum Stuff discusses how mothers can deal with the stickiest of situations and learn about traditional mum skills - with a modern twist. It is full of often very simple ideas to keep the kids entertained - and quiet.

But when it's pouring with rain and they're stuck inside, even supermums - if, indeed, such women exist - sometimes need a little inspiration to keep the dreaded "I'm bored!" phrase at bay.

The book's author, Morag Cuddeford-Jones, is at pains to stress that it is absolutely not a 'how to do parenting' book.

"You get all sorts of parenting manuals saying you've got to do

this or that, but Mum Stuff isn't like that - it's like a recipe book, to give you ideas for things to do with the kids, like when it's raining.

"It's not telling you how to be a parent - it's just to give a bit of inspiration, perhaps when you're thinking, 'the kids are driving me up the wall - what can we do?'"

Ideas in the book range from Paper Stuff - like folding a sheet of newspaper into a bishop's hat

- to Stuff to Play With - like making Silly Slime from cornflower and water, or various novel games.

But as well as the fun but pointless things, there's Helpful Stuff that makes chores fun for kids, and Sore Stuff, which gives mums tips on how to deal with all sorts of children's injuries and ailments, and even advice on how to spot when they're 'throwing a sickie'.

In Food Stuff Cuddeford-Jones, who has a two-and-a-half-year-old son, comes up with fun things to do with food and drink, although most of them aren't recipes. A great example is the Coke Fountain, which involves carefully slipping a packet of Mentos into a bottle of diet cola placed on the floor outside, and then running away as a five foot cola fountain erupts from the bottle.



Mums know the answer to everything - or at least their kids think they do. (PHOTO: Press Association)



Even the busiest parent can spare 10 minutes a day to do something special with their children. (PHOTO: Press Association)

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Eating Etiquete

I was reading an article recently which touched on the subject of feeding bad manners in dogs, which got me thinking back to when my most recent pups came home. It also flashed my mind back 30 years to my first Old English Sheepdog. Yes I was young, the children were young and quite honestly Moppet got very scanty training. Moppet was wonderful but he did teach me, if nothing else, that dogs need training and every dog since has been trained fast. Anyway, it was Christmas, Moppet was about 7 months old, pretty tall, and we went to church at midnight having left various food plates around the working surfaces in the kitchen! Yes you will all be ahead of me, somehow he managed to get the food off and eat it. Of course that had even more devastating effects as he had had an accident as well. I have never forgotten that and it taught me a thing or two.

I remember with my latest pups, for the first 48 hours, my sheer panic as we tried to eat a meal with 'jumping beans' trying to get in on the act. Water Dogs do jump about like jumping beans, but it has to be said that Chloe the 3 year old OES was the same at 8 weeks old. Obviously, these pups know nothing when they arrive, they do not know the rules, so they just think everything is there for the taking.

There are two schools of thought, one says you must feed the dog after you have eaten as they are then made aware that they are lower in the pack. The other thought is to feed them first, thus meaning they *should* not be hungry!! I spent 14 years working around Lennie's medication and have not broken that habit. I feed mine at 09.00am (maybe earlier, but 30mins after Sandy has had her meds), then Dinner is at 18.30pm. So they are fed before we are.

We have both been amazed by how fast they actually learn NOT to share our plate. The first night with Merlin was amazing as he tried to walk across the coffee tables and chairs. He had, of course, been in the pet shop for 6 weeks so the freedom had gone to his head. Jim and I spent our time pushing him away and saying NO in a very stern voice. The next night he was much better and within another 24 hours he was not bothered by what we were doing. Within two weeks he would sit on the floor and ignore a packet of biscuits. However, he is now 6 months old and I would not trust him with a plate of unguarded food for long. I have dashed from lounge to kitchen and back and my food has been where I left it, but that may have just been because I was so quick. I do not think you can expect a puppy to leave food that is in front of them.

When feeding they must learn to sit quietly whilst food is prepared. I must remind Sandy, as in her old age she is not as good as the youngsters. They all sit and wait by their bowls. It probably took Merlin a month to work out that his food arrived in front of him when he stopped jumping about like a mad thing!! Now, amazingly he sits beside his bowl and waits patiently for me to put his food down for him!

A few tips, gained by a few years of mistakes made and conclusions reached.

Titbits Never ever feed them directly from your plate as they then think your food is fair gain and they can help themselves! This is very difficult to 'police' with children it has to be said.

Never feed them from the table, anything at all. In fact IF possible they should be in a different room, the garden or their cage while we humans eat. But, I have to admit in this house they are still with us at mealtimes, but they do not beg so something has worked.

The kitchen This is a danger zone for animals and they must learn what they can and cannot do. The most useful word is a forceful NO. I found with my pups that 48 hours of NO and they had understood. BUT, I have to say that with a rescue dog it can be more of a problem. They are used to fighting for their food and we have concluded that they never loose that instinct, they always seem to want to pinch food. It is, however, with all dogs, best to not leave temptation in the way, they have a wonderful sense of smell and any food left at the back of the working surface may encourage them to investigate.

The Bin No need to say really, do not leave the bin where they can access as they will empty all over the floor. Again I have been every lucky with my dogs over the last 30 years. However, my first rescue was a nightmare and would empty everything, he even cut his nose on a can once. He was 10 months old when he came to live with us and it is sometimes more difficult to teach them and over rule previous behaviour. I have a big problem here at home as if anything is not in a dustbin next doors dogs just empty it all over the lawn during the night!!

It is important to stick to the rule that all treats have to be earned, treats are special and not given for the sake of it. Ideally feed at a set time. Food is no substitute for having fun, if dogs are bored eating and thus begging become the next step. If you have to go out and leave them make sure you leave them plenty to play with, stuffed Kongs are ideal, most fun is the stuffed ball which amuse my dogs for hours as they try and get the food out of the ball.

Protect your pet with knowledge
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Animal Antics

We thought that we would share with you some of the light hearted moments of pet ownership: We have just put a wood laminate floor down in our house, which dogs, cats and children are finding immense fun. The children and the dogs are skating around chasing each other and the cats, which is a lot better entertainment than the choice of light relief on the television. The cats have found that it is great fun to chase the children's marbles and toy cars around on the new floor, saves us getting involved.

A worrying and funny thing the other week. Smokey my lovely, grey 2 year old cat, decided that she would live up to her name and help me build the fire, by getting in to the fire and playing with the newspaper. Luckily she got out before we lit it. Another worrying thing that Smokey did at the weekend. I was making lunch, so while decanting the contents of the fridge to the working surface the door was open for a moment, I then shut it. The fridge started to make funny noises, my initial reaction was that the fridge was breaking until I decided to open the door and check only to find a grey cat inside. We will have to watch her every move now. Then there is Fudge, a gorgeous Siamese looking cat, she will climb up your leg at any given opportunity just to tell you that she would like a drink of milk.

I gave my 2 dogs a bone each the other day. So Jess, my German Shepherd, decided to go out in the garden and bury hers, the evidence was all over her nose. She came in and waited for Maisie to go and get a drink, at which time Jess thought that it would be a good idea to borrow Maisie's bone. I asked Jess to give me the bone and I gave it back to Maisie, I told Jess that she had to eat her own bone, at which point, she went back into the garden and dug up her bone – the result being, muddy paws and nose all over the floor and furniture. The joys of dirty paws.

A friend just called me to say that they were out on a day trip in Tavira with Silves. They went to get their coats out of the car, and upon reaching for their coats, something moved. Their Cat. It had decided to curl up in their car and go for a ride. We have an automatic feeder for our cats and the other day Smokey decided that the new game was to dig out the contents all over the working surface and the floor. It continues to be one of her favourite pastimes.

Marmalade, my third Portuguese cat, comes in, sits on my shoulders and licks and eats my hair. Why does she do this? I did a little bit of research this week and came up with "The first thing a kitten experiences, even before it can see, is its mother licking and washing. Grooming is a demonstration of love and caring. So, if your cat occasionally washes your hair or licks your face, he is showing you his acceptance and caring of you as a fellow feline."

Cats and rain. My 2 youngest cats decided the other night that the best thing to do, when they came in all wet from the rain, was to find somewhere warm to dry off. Only problem was that this was inside my bed next to me.. That was a bit of a shock. So I had to get up and dry them. Then I discovered the dirty paw marks all over the sheet. So the following day I changed the sheets, and Fudge decided that it would be fun to help (.) mummy with this, and position herself under the sheet as I tried to put it on the bed. And then get inside the quilt cover.

Animals. They can be as much work as children. So with 2 children, 2 dogs, 3 cats and a husband I have plenty to keep me busy.

Protect your pets with knowledge
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The Pregnant Cat and her kittens.



The first signs that a cat is pregnant are a reddening of her nipples and the hair around them receding. A vet can confirm pregnancy at about three to four weeks by feeling the cat's abdomen. The average length of a pregnancy is 65 days or nine weeks. An ultrasound scan can be used after 6 weeks into the pregnancy. The queen will put on about 1-2kg during the pregnancy as her appetite increases to get ready for feeding her kittens.

During pregnancy make sure that your cat is fed a well balanced diet. She will require at least a third more food than normal in the later part of the pregnancy and while lactating. The number of meals per day will have to be increased from about the fifth week of pregnancy.

Your cat will still be active and will continue to play, jump and climb, although she may slow down towards the end of the pregnancy.

Towards the end of the pregnancy make your cat a kitting box. This can be a cardboard box with one side cut out and filled with newspaper. Make sure that she gets used to this and that it is in a quiet place, so that she knows that she has somewhere to go when the time arrives.

Keep an eye on your cat during the last week of pregnancy, make sure that she doesn't wander off and hide. Her behaviour will alert to the birth being imminent. The first stage of labour is about 6 hours but can be shorter. The second stage when the queen starts bearing down. If a kitten is not born within 30 mins of this time then contact the vet. When the kitten is born the mother will wash it to clean it and stimulate breathing. An inexperienced mother may need assistance here or if the kitten is only partially delivered. The mother cat will bite through the umbilical cord. Labour may last for several hours and the litter may be anywhere from 2 to 6 kittens. If the mother cat shows signs of tiredness then revive her with some milk or food. You may need to show the kittens where to feed by placing them near the mothers abdomen.

Make sure that the mother has food, water and a litter tray close by, and once kitting is complete leave them in peace together. The mother cat will wash and feed her kittens. But keep an eye on things, if the kittens are restless or cry a lot it may be a sign that the mother is not producing enough milk. If you experience any problems then contact your vet.

The kitten's eyes will open at about seven days. By three weeks old they are fully mobile and can be offered solid food and by four weeks they can be trained to use a litter tray, place the kitten in the tray after each meal. At eight to nine weeks the kittens need to be vaccinated against feline infectious enteritis and feline respiratory disease, they are not allowed outside until they have these vaccines.

Happy Kitting!
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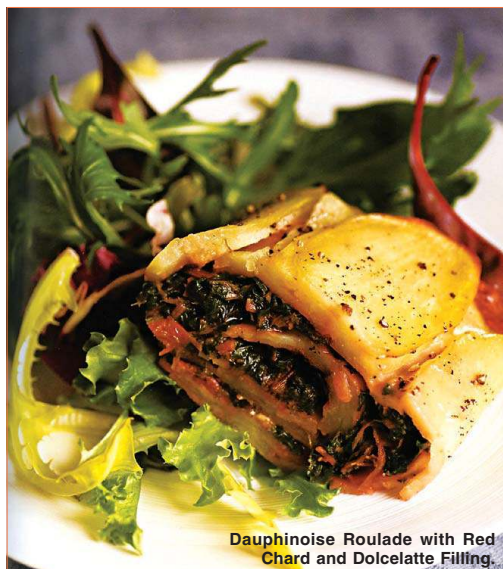
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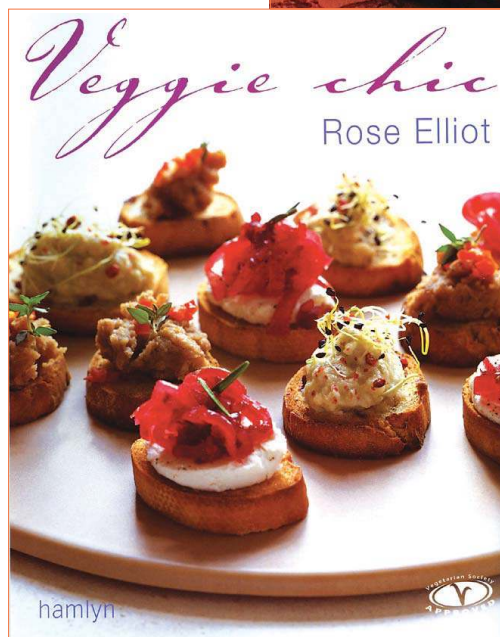
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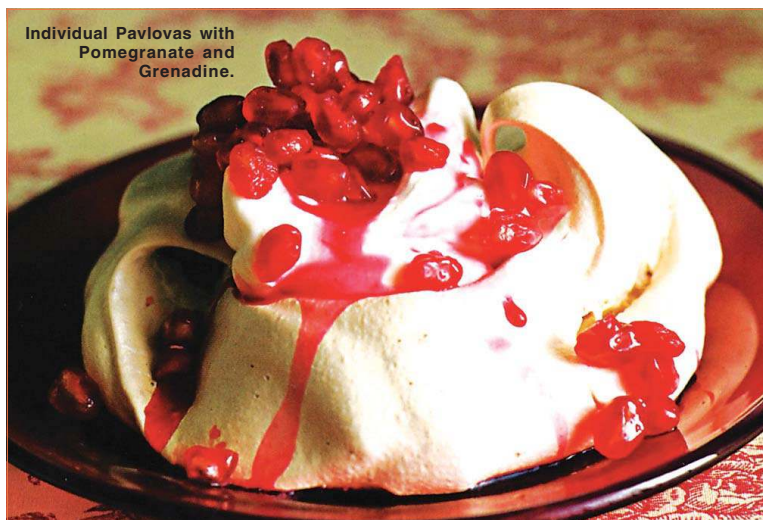
Dauphinoise Roulade with Red Chard and Dolcelatte Filling.

party than guests going 'oooh' or 'wow' on spying the dishes, then leaving satisfyingly empty plates at the meal's end. Rose Elliot, acknowledged as one of the UK's finest vegetarian cookery writers, is well used to that sort of response when she serves up her feasts.

Now she's anxious to show us all how to get the same enviable reaction with her new book, *Veggie Chic*. Rose says: "I've been wanting to write a 'decadent' vegetarian cookbook for some time, to show just how luxurious and delectable veggie food



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can be and to answer the perennial question, 'what can I do for vegetarian entertaining?'

"These recipes are a bit different - fresh, bold, stunning yet simple and definitely have a bit of the 'wow' factor." There are many dishes that can be made in advance, such as Rice Noodles With Chilli-Ginger Vegetables, Squash Stuffed With Moroccan Rice or the Bubble-And-Squeak Cakes With Beetroot Relish.

Go for drama with a stunning centrepiece such as Potato And White Truffle Torte. Rose's menu choice for a special vegetarian dinner is a 'dramatic' Dauphinoise Roulade With Red Chard And Dolcelatte Filling followed by indulgent Individual Pavlovas With Pomegranate And Grenadine.

Gabrielle Fagan

Vegetarianism has lost its dull lentils and brown rice image, with even dedicated non-vegies clamouring for meat-free meals for a lighter alternative. Let's be honest, there's no greater sign of success at a dinner

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Cooking time: 45 minutes

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Green salad, to serve

For the filling:

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175g dolcelatte cheese

To prepare:

Line a 22x32cm Swiss roll tin with non-stick paper and brush with olive oil. Mix the potatoes with the garlic and some salt and pepper, arrange them carefully and evenly in the tin and brush with olive oil.

Cover with a piece of non-stick paper and bake in a preheated oven, 200C/400F/Gas Mark 6 for 30 minutes, then remove the paper and bake for a further five to 10 minutes, until the potatoes are tender and golden brown. Cool and set aside.

Chop the chard stems and boil in water to soften for five minutes, then add the leaves, cover the

pan and cook for seven to 10 minutes until tender. Drain very well, then mix with the dolcelatte.

Turn the roulade out on to its covering piece of non-stick paper. Cover the surface with the chard mixture. Starting with one of the short edges, carefully roll up the roulade, using the paper underneath to help - it rolls up quite easily and you can be firm with it!

Put the roulade on to a heatproof serving dish. About 15 minutes before you want to serve it, pop the roulade back into the oven, uncovered, until heated through and crisp and golden on the outside. Serve at once, with a homemade tomato sauce and green salad.

Individual Pavlovas with Pomegranate & Grenadine

Ingredients (serves four)

Prep time: 15 minutes plus standing

Cooking: 40 minutes

2 egg whites

125g (4oz) caster sugar

1 tsp cornflour

1/4 tsp vinegar

For the filling:

Seeds from two ripe pomegranates

4tbsp grenadine

300ml (1/2 pint) double cream,

whipped

To prepare:

Put the egg whites into a large, clean bowl and whisk until they are thick, glossy and standing in peaks. Whisk in the sugar one tablespoon at a time, then fold in the cornflour and vinegar.

Spoon the meringue on to a large baking sheet lined with non-stick paper, making four saucer-sized circles, and hollow each out in the centre a little.

Bake in a preheated oven, 140C/275F/Gas Mark 1, for

about 40 minutes, or until crisp on the outside but still soft within. Cool on the baking sheet.

While the pavlovas are cooking, put the pomegranate seeds into a small bowl with the grenadine and leave to steep.

To finish the pavlovas, spoon some whipped cream on to each, then top with the pomegranate seeds and their juice. Serve as soon as possible.

Veggie Chic, by Rose Elliot, is published by Hamlyn, price £16.99/€24.85.

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Bistro & Bar - 11h to 24h

(Both closed Mondays)

Meia Praia, Lagos

Tel: 282 770 902

Don Toro Steakhouse

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fish grills & vegetarian

Open: Daily 12.00-15.00

& 18.00-23.00

Rua Lançarote de Freitas,

12, Lagos. (Opposite the

Cultural Centre)

Tel: 282 767 234

Meu Limão Tapas & Wine Bar

Portuguese & International

Tapas & full menu

Open: Daily 10.00 - 2.00am

Rua Silva Lopes, 40/42

(In front of the Golden

Chapel), Lagos.

Tel: 282 767 946

www.meulimao.com

No Patio

New international menu.

Open: Thurs-Sat, 18.30 -

21.30. Sun. 13.00-15.30

Rua Lançarote de Freitas,

46, Lagos

Tel: 282 763 777

Cosmopolitan

International menu

Vila Palmeira at Meia Praia, Lagos is situated just before you reach the Palmares Golf course. This luxury estate needed its own restaurant and last July owners Karin and Vincent opened this select little jewel overlooking the sea. Enjoy lunch in the downstairs Bistro with a delicious selection of soups and sandwiches, salads or a light meal, or dine upstairs in the evening from the wide selection of starters and main courses. Try Pumpkin Cream to start followed by Chateaubriand with truffle juice for two, or Cataplana with monk-fish, mussels and potatoes. There are a selection of delicious desserts and cheeses, the house wine is very good and the wine list is superb.

The Carvery couldn't be easier to find - by the taxi rank in Alvor, on the first floor. This prime position gives you the best of both worlds, you can look down on the hustle and bustle, watching the world go by, without any of the noise. Their Winter weekly programme offers a traditional English Sunday Roast, served on Sundays and Wednesdays. On Fridays have a good old fashioned Fish & Chips - a generous portion of cod in a crispy batter, real chips & mushy peas. If you are missing home-cooked English food, then this is the restaurant for you.

Exquisitely-decorated with modern works of art, **Bistro des Z'Artes** restaurant in Almancil is co-owned by re-nowned chef Stanley Van Buren and Simon Visser Domus. Presentation is always of the highest level of professionalism, a must for Stanley,

Liquid news



The UK's love affair with wine shows signs of waning, as figures reveal that sales failed to increase last year for the first time in decades. Wine sales have risen steadily since the 1960s, but in 2006 remained static at 872 million litres, according to market analysts AC Nielsen. Not only that, their tastes still lean to the lower end of the market - the average price of a bottle of wine sold is only £3.90/€5.70.

who believes that first impressions are most important as "food must look as good as it tastes". Together they produce unique dishes such as: Peanut Butter Soup with Baked Banana and Yellow Curry Soup with Lemon Grass and Coconut Milk. Whether you are a meat or a fish person the menu offers something to satisfy even the most discerning connoisseur.

O Mandarin Not many restaurants in the Algarve can boast being established for 25 years, but this is one of the few that can. Located close to the marina

in Lagos (take the 3rd turning off the roundabout, as you enter the city from Portimão, and the first turning left up the hill). Approached via an attractive entrance and driveway through gardens (with a swimming pool) the interior decor is modern Chinese with a restful and relaxing ambience. Hosts, Julie and Dennis serve authentic Chinese and Asian dishes from a selective menu, including several vegetarian dishes, offering very good value. Take-Away is available, as is a children's menu on request.

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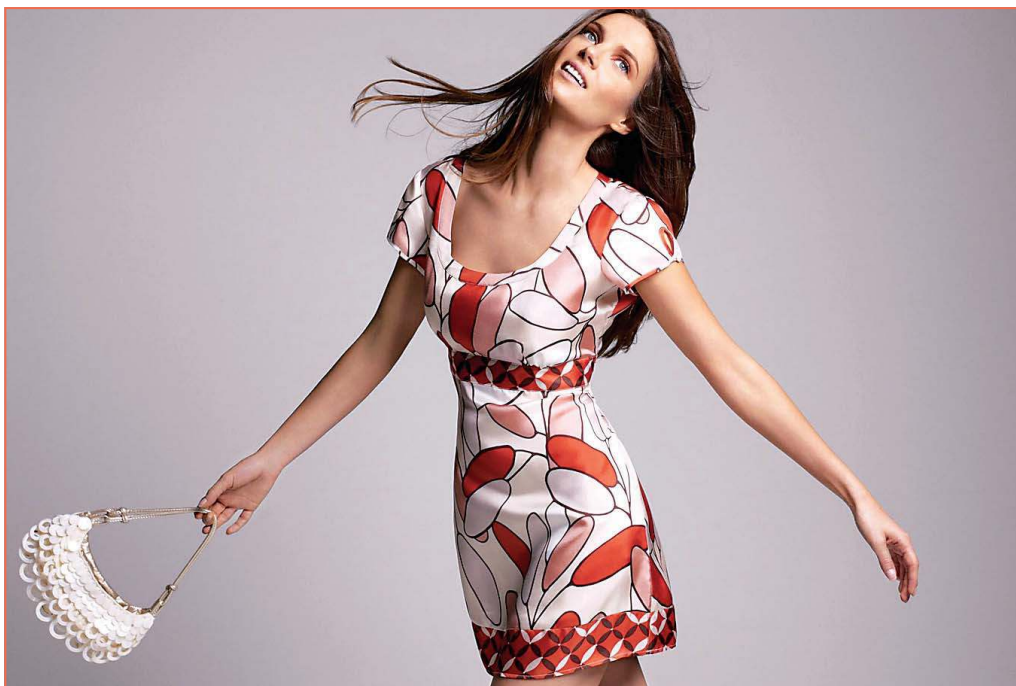
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Dress for success



Temperatures are rising and so too are our hemlines. It's time to flash the flesh and get in on the leggy look with a dress. (Photo: Press Association)

Dresses are 'the' desirable item for your spring/summer wardrobe. We find the sassiest shapes in the shops.

Temperatures are rising and so too are our hemlines. This summer will take no prisoners with opaques or leggings - it's time to flash the flesh and get in on the leggy look with a dress.

Once the reserve of weddings or posh parties, the dress has become 'the' desirable staple of the season, whether you're dressing up - or down.

"There's a dress for everybody out there on the high street," says Oonagh Brennan, fashion director at Company magazine. "The beauty of dresses is that they're just so easy - you have a complete outfit in just one piece."

Dress lengths have gone to extremes this season with sky-high hemlines or floor-skimming dresses creating all the drama on the spring/summer catwalks.

"If you want to be on-trend

you have to go one way or the other, mini or maxi," Oonagh advises. "In-between just won't cut it."

Short or long, floaty or straight... find your dream dress for the season and it will see you right through the summer and beyond.

Shine In Shift

This summer, the Chloe-inspired shift is the shape that's causing a stampede. It's cute, modern and oh-so wearable.

"The 60s shift-style dress is straight, short and has a square-ish shape, in a Twiggy sort of way," Oonagh explains.

"We can take really glamorous shift dresses and dress them down with flip flops or wedges, or wear it as a dressy outfit with heels."

Smock Story

Floaty, free-and-easy fashion: lightweight smocks will be our saviour once those summer heatwaves kick in. But unfortunately smocks aren't suited to all

body shapes, as Oonagh warns. "Smock dresses fall from the bust to your knee so if you have a big bust, avoid smocks at all costs because you risk looking heavily pregnant."

"They're great if you have a smaller bust or you're very tall."

Maxi Magic

If the thought of parading your pins leaves you panicking, fear not, there's still a fashion option for you. Maxi dresses are making their mark on the fashion pack in a bevy of prints.

Oonagh says: "It looks fantastic dressed down with a little denim jacket and flip flops, or even trainers in a cool Lily Allen way."

Get Shirty

For a cool, crisp summer look, you can't beat a simple shirt dress. If all those Pucci-style prints and retro regalia leave you in a spin, turn your dress antennae to the shirt dress. It's a timeless classic that will take you from office to evening in one quick shoe change!

White shirts were a recurring theme on the spring/summer runways. Stella McCartney's take on the trend was a voluminous shirt dress with batwing sleeves that sent fashionistas into a frenzy.

Dress Code

Invest in fake tan - ultra-short is stylish this summer. Here's how to do the dress trend:

Follow the 'leg' OR 'bust' rule. Flashing them both is overkill.

Don't opt for flats with your dress if you're lacking in the height department. Elongate your pins with a platform sandal or wedge heel.

Decide on your dress limit. Tugging at your hemline all day will ruin the look.

Introduce mini dresses into your wardrobe repertoire with a pair of cropped leggings - or practise in opaques while it's still cold enough. This should get you used to new proportions.

Lisa Haynes

Fresh faces for spring

Find out what spring's hottest colours will be. We take a look at what you'll be buying in the months to come.

Say goodbye to the dark, deep shades of autumn/winter and embrace a more natural spring look.

Make-up artists at this season's London Fashion Week shows decided on a lighter and fresher 'seasonless' look that can transcend any weather conditions from summer to winter.

It's pretty much a bare-all season, with 80% of the make-up at the shows being on the minimal side, with a flash of colour adding some fun.

"The complexion is certainly more matte this summer, but it's not heavy," says MAC make-up artist Charlotte Tilbury.

"It's all about making the skin as light as possible, really minimising the amount of base we are using, and then adding an element of some shine or some highlight. The overall feeling is one of freshness and giving the face dimension."

The New Nude

Nude is not just plain old brown this spring - subtle shading in rich shades of toffee, mocha and taupe on the eyes and lips is more flattering on most skin types.

Bye bye tan

Tan-aholics who spent most of winter cultivating the perfect shade of bronze can relax, as we welcome luminous skin and say goodbye to the tan.

Spring's complexion is more moonlit than sun-kissed, with no pastiness involved. Products that are iridescent will bring skin to life and accentuate features.

But if you think you can cheat near-perfect skin by caking on the foundation, think again. All-over foundation is a big no-no, according to the experts. Instead, use

concealer to cover any imperfections or blemishes, followed by a face highlighting powder.

Impact Eyes

Statement eyelashes with thick black liner ruled the runways at Fashion Week.

"It's less about fluttersome lashes and more about drama," Tilbury says.

Neon Brights

Just as neon makes a return into fashion, it's back with a vengeance in make-up. The new vibrant brights are modern, sharp and very graphic.

Don't take it to the extreme though - stay on-trend with a flash of colour on eyes, nails or lips, with the rest of your make-up toned down.

Metallic Lights

"Summer sees the advent of shimmering metallic eyes - grey, lilac and taupe will all work for the new minimal face during the day," says make-up artist Jane Bradley, who offers advice on the Lips To Lashes DVD (www.lipstolashesmakeup.com).

But don't expect to see silver and gold emblazoned eyelids: spring's metallics are nude, with a smattering of bronze leading the way.

Shereen Low



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The story behind 'Motherkillers'



It has been a long journey, that of Doctor John Piper writing his book 'Motherkillers'. Several years of research, international trips and painstaking investigation went into composing his globally renowned novel, a product of his passion and desire to honour a personal hero, rather than one to make a profit.

In Dr. Piper's opinion, Ignaz Philipp Semmelweis never attained the credit he deserved.

A Hungarian physician referred to as the 'saviour of mothers', Semmelweis discovered the incidence of childbed fever (now known as Puerperal Fever) and how it could be drastically avoided by implementing better hand washing standards in obstetrical clinics. Childbed fever was common place in mid-19th-century hospitals and very often fatal. Semmelweis postulated the theory of washing with 'chlorinated lime solutions' in 1847 as head of Vienna General Hospital's first Obstetrical Clinic.

However, his theories were criticised and devalued by many.

After qualifying as a surgeon in 1960, Dr. Piper's first contact with Semmelweis occurred whilst in training for his career, something which his godmother greatly influenced. It was whilst reading one of his godmother's many books on medicine, collected sometime during the Second World War, that Dr. Piper first came across the name. The book in question, 'Devils, Drugs and Doctors', published in 1929, was written prior to the times of antibiotics. Two single

paragraphs described childbed fever and how Semmelweis had discovered the cause for the deadly infections, but those paragraphs stayed with Dr. Piper forever.

Throughout his career a series of coincidences would jog his memory, but it was only after holidaying in Vienna that the idea to write a book promoting Semmelweis's name came about.

"Ten years ago I was on holiday in Vienna and I was visiting a medical museum, where the first thing I saw was a huge black and white photo of Semmelweis, teaching doctors how to wash their hands. This started me thinking", Dr. Piper recollects.

The photo in question was taken from a mural in the medical museum of Chicago's International College of Surgeons, and is now the cover of 'Motherkillers', in its original colours.

"I had never written a novel before but I felt so strongly about Semmelweis' work and how little acknowledgment he had had during his life that I was compelled to do so", explains Dr. Piper. "I spoke with other people in the know, in the book world, and we decided that in-



Dr. John Piper sitting at Ignaz Semmelweis's desk at the Rokus Hospital, Budapest, Hungary

stead of a biography, which in my personal experience can be very disappointing, I would write a novel that mixed fact with fiction and gave life to Semmelweis, his work, and the situation at the time".

That mixture became 'Motherkillers', which is now a best-seller and has seen both Doctor Piper and Semmelweis' names achieve international recognition.

Several years of research took him to Semmelweis's hometown in Budapest, Hungary, as well as

Vienna, Austria, and endless hours were spent researching each and every character.

Curiously, one of his main obstacles whilst writing the book was finding appropriate names for the fictional characters.

"The names had to sound German", Dr. Piper explained, "And I was having great difficulty in finding something suitable". Having lived in the Algarve for 18 years, where he works as a surgeon for the Hospital Particular in Alvor, as well as running his own clinic, Dr. Piper has

amassed an extensive log of client's records, some of which are German, from where he "took" inspiration for characters names.

"Writing the novel wasn't always easy" he continues, "many a time I felt like giving it all up. Especially when trying to find a publisher. I sent off the requisite self-addressed and stamped envelopes, but it was hard to find someone willing to take the book on".

An enthusiastic publisher eventually appeared in the UK

and the novel has since gone from strength to strength, surpassing the doctor's expectations and selling across the globe.

Dr. Piper also achieved his personal goal of promoting Semmelweis's work and name, and has since been invited to give talks in both Budapest and Vienna, an honour with which he will comply.

So what is next for the Doctor? Another novel maybe?

"There is something in the pipeline, but I can't yet reveal too much about it", he smiles.

Book signing at Griffin book shop



Felicity Corbin Wheeler will be signing copies of her book 'God's Healing Word' which is selling fast on Amazon's website and around the world, and is being reprinted this year. Felicity was a researcher in the Houses of Parliament, in London.

When her daughter Melanie developed cancer at 17 as a London University undergraduate and died at 20, despite the best of orthodox treatment, Felicity began to seriously research alternative cancer treatment.

What she discovered shocked her. She found a cancer cure which builds up the immune system with laetrile, or Vitamin B17, instead of destroying it. She found that this diet provides the essential living enzymes for the body to heal existing cancer and also prevent it. She discovered innovative doctors such as Professor John Beard of Edinburgh University, Dr. Ernst Krebs of Nevada, USA, Dr. Max Gerson of Germany and Dr. Francisco Contreras in Mexico had been using it to heal themselves and their patients for many years.

When she herself was diagnosed in 2003 with a terminal malignant mass filling the head of her pancreas, she elected to be treated with intravenous laetrile, or B17, which is made from the essence of the apricot seed. De-

spite the fact that she had been given only weeks to live by the famous military hospital in London, she began to heal. Within six months the scans showed only a scar, and within a year there was no trace of cancer left in her body.

Felicity speaks around the world and has appeared on TV in Britain concerning this laetrile and the natural diet found in Genesis 1:29 and 30. Interestingly, it has been found that this immune building regime also heals 170 different degenerative diseases, including heart disease, arthritis, diabetes, digestive disease, ME and MS as well as cancer.

The book is at present being translated into Portuguese and Dutch.

She has had a home in the Algarve for thirty six years and the book is being launched in Portugal at the Griffin Book Shop, Almancil, on Tuesday 27th March at 11.30 am, when Felicity will sign books and also speak about the natural, non toxic, and inexpensive treatment, which is

having phenomenal success around the world.

With overburdened national health services breaking down around the world, she says that this treatment has huge political, economic and moral implications. Her passion is to reach people so they do not suffer as her family have suffered from an entirely avoidable disease.

For those who wish to sample the recipes in the book, there will be a lunch at the Almancil Restaurant, above the Griffin Bookshop, after the book launch.

Felicity has a website www.felicitycorbinwheeler.org and the ISBN number of the book is 978-1-905553-08-2.

The book is also available at www.amazon.co.uk (search by author's name).

Felicity also runs Alpha courses. Over 8 million people around the world have now attended Alpha courses which emanate from Holy Trinity Brompton, London, Felicity's home church.

WEB

Web (INTERNET) noun [S]

the system of connected documents on the Internet, which often contain colour pictures, video and sound, and which can be searched for information about a particular subject:

(From Cambridge Advanced Learner's Dictionary)

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Northern France rings a bell

A closer look at some of the hidden jewels bypassed by tourists heading for more glamorous destinations.

They're like exclamation marks designed by architects. The belfry-towers of northern France were built to demonstrate civic power and status and soon became the focal point of town rivalry. The higher the belfry, the more you looked down on your neighbours. One-upmanship in bricks and mortar.

Guidebooks tell you some go back to the 12th century, but don't be dazzled by dates. There was one snag those early belfry-builders forgot: the towers were the most conspicuous target for miles. As a result, nearly all of them have been destroyed and rebuilt - often several times - after sieges, revolutions, invasions and two catastrophic world wars.

Now UNESCO has gone bats

about the belfries. They have listed 23 of them, all a quick drive from Calais and the Channel Tunnel, as a combined World Heritage Site. And the belfries aren't the only attraction - they are set in lovely, half-forgotten old towns like Bergues and Douai, the sort of places tourists usually bypass on the way to more glamorous destinations.

Bergues is still tightly corseted in battlements, started in 1286 and rebuilt 400 years later by Sebastien Vauban, the Christopher Wren of military architecture. I climbed the 171 steps to the top of the Belfry at Bergues, dating from 1112, which towers 54 metres above the town. From the parapet, I gazed across a typical flattened-out Flanders land-



scape criss-crossed by canals and ditches, straight out of a painting by Ruisdael.

Suddenly, my head exploded. Bellringer Jacques Martel, hammering with his fists at a primitive-looking wooden key-unleashed the 50-bell carillon, nearly seven tons of bronze booming and clanging

round the belfry.

"The tower almost survived World War Two", Jacques yelled. "But in 1944, the Germans dynamited it before they left as a punishment."

You can't escape the two wars in this fought-over landscape. Village signposts read like regimental battle honours and

crosses grow like flowers on fields where conflict claimed 1.2 million casualties in WW1 alone.

Almost nudging the Belgian border, Cassel is a small hilltop town. Tucked into a corner is the Chatellerie de Schoebeque, an 18th-century mansion recently converted into a luxury hotel,

each of its 15 rooms following a different theme. Doubles start at £80 a night and you can relax in a Moroccan 'riadh', sleep under the Hollywood stars in the Film Room or try a little frou frou in the Moulin Rouge suite.

I stayed in the Marshal Foch room, stuffed with military



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topped by a decorative gable. Think Amsterdam without the canals. The whole area includes 730 shops and 80 gourmet restaurants and on Fridays and Saturdays the twin squares are thrown open to a vast market selling everything from smoked garlic and runny cheeses to mattresses, bonbons and French beers.

But there is another secret, and a rather sinister one, lurking beneath your feet. Eleven metres below the Town Hall (and accessible for a £3/€4.40 charge) is a labyrinth of tunnels winding for 42 kilometres. The chalky rock was originally hacked out in the 10th century to provide stone to build the town. The tunnels, called Les Boves, were rediscovered in the 17th Century after being forgotten for 500 years.

In WW1, the digging started again. Only more desperately: the caves sheltered 24,000 Allied troops. As shells rained down on the buildings above, the men extended the tunnels until they ran beneath the enemy lines outside the town. Their relics are still there: telephone cables, rail lines, signs to canteens and sick bays, names scratched in the chalk.

It all erupted, literally, on April 9, 1917, when the tunnelers detonated 600 kilograms of explosives under the German lines and the soldiers swept out of the craters in front of an incredulous enemy.

Within 40 minutes, almost the whole of the German front line was seized. But the battle dragged on for another 338 days, with the highest Allied casualty rate of the war, reaching 4,000 a day.

TRAVEL FACTS

Perrott Phillips travelled to France with Eurotunnel (phone 00 44 (0)8705 353 535 or book online at www.eurotunnel.com), which offers fares from £49/€71.75 single for car and passengers.

The Hotel Chatellerie de Schoebeque (phone 0033 32842 4267) and Hotel/Restaurant Enclos de l'Eveche (0033 39190 0590) both offer cut price deals through Simply Short Breaks (00 44 (0)870 143 4646 or www.realfrancealclose.com) which include ferry crossing in the package.

Currently, Simply Short Breaks offers two nights' B&B at the Hotel Chatellerie from £95/€139 per person (two sharing) and at Enclos de l'Eveche from £99/€145. The operator is part of The Ferry Travel Club, which charges £6/€8.80 a year and provides 75,000 members with cheap travel and special offers.

For information on Northern France (and belfry routes), contact France Information Line at 09068 244123 or visit the following websites: www.pas-de-calais.com, www.northernfrance-tourism.com or www.cdt-nord.fr

Perrott Phillips



Pictured above: Victor Hugo called Douai Belfry the most beautiful in Northern France, and left: Bellringer Jacques Martel playing in the Belfry at Berques. Opposite page - top: The Noble Flemish-style facades of the two adjoining squares in Arras, and bottom: The 210 foot belfry, which dominates the little town of Douai. (Photos: PA)

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Online ticket reservations

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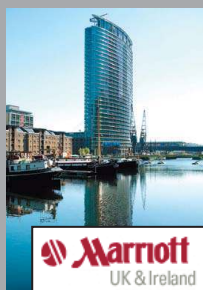
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Portugal on the verge of impossible World Cup dream



The Portuguese national rugby team is one game away from becoming the first amateur side to qualify for the World Cup since the tournament was staged back in 1987. Their seven-point win last weekend over Uruguay in Lisbon, means that as long as they lose by six points or fewer, Portugal will be testing their strengths against the world's very best.

Portugal is preparing for the biggest match in its short rugby history. On March 24, The Wolves will be running out at a packed stadium in Montevideo, Uruguay, in search of one of world rugby's biggest shocks ever.

Having beaten Uruguay 12-5 on Saturday, Portugal now need to lose by six or fewer points, though the team says it is going to South America for the win.

The win puts Portugal in the top 20 of the International

Rugby Board's rankings, yet the team remains behind Russia, Romania and Georgia, all teams which Portugal have beaten in recent times.

But rankings will matter little for Portugal as they prepare for this momentous match, and a favourable result will put Portugal in Group C, the group of death, at the World Cup in France later this year.

Portugal, should they qualify, will fancy their chances against Romania, but a resurgent Italy,

along with Scotland should see Portugal struggle. The hypothetical match of the tournament for Portugal would undoubtedly be against New Zealand, though their enjoyment of this match will probably be limited to having a front-row seat for the Haka.

In the meantime, and should Portugal qualify for the World Cup, both South Africa and Australia have expressed a tacit willingness to play friendly matches against Portugal in preparation for the France World Cup.



Portuguese national player Pedro Leal is tackled by a Uruguian player during the rugby match between Portugal and Uruguay for the World Cup qualification last Saturday in Lisbon. (Photo: Lusa / Mário Cruz)

Do-or-die as Sporting take on FC Porto

FC Porto are in a good position to rid themselves of one of their two remaining rivals for the league title when they host Sporting at their Dragão Stadium this Saturday.

The Lisbon club, on the back of a win at home to Estrela Amadora, will have to brave the

defending champions in their own backyard without the services of their top scorer who was handed a two-match ban a fortnight ago after being sent-off for violent conduct.

Sporting are currently nine points behind leaders FC Porto, and this weekend's game will un-

doubtedly fit the bill of what is traditionally billed as a six-pointer.

A victory for either side will see FC Porto stretch their lead to what will most certainly be an unassailable 12-point lead, or have it cut to six points should Sporting pull off a minor surprise in Oporto.

Benfica, meanwhile, will be making a short trip down the IC19 motorway to face Estrela Amadora on Sunday.

The Red Devils are currently four points behind FC Porto, and for once, will be supporting neighbours Sporting in the hope that this deficit can be cut to a single point. The results of this weekend's matches involving title contenders gains additional prominence as the next league fixture sees Benfica host FC Porto in Lisbon.

SUPERLEAGUE FIXTURES DAY 22

MATCH	DATE	TIME	TV
Nacional-Boavista	Friday	20h30	SportTV1
FC Porto-Sporting	Saturday	20h30	SportTV1
Aves-Académica	Sunday	15h00	
Leiria-Setúbal	Sunday	16h00	
Beira-Mar-Marítimo	Sunday	16h00	
P.Ferreira-Belenenses	Sunday	18h15	SportTV1
Amadora-Benfica	Sunday	20h30	TVI
Braga-Naval	Monday	20h30	SportTV1



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